SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 27 SHOPPERS DRUG MART

Toronto metro

Your essential daily news | THURSDAY, OCTOBER 22, 2015 | High 16°C/Low 1°C Sun

WE REMEMBER
ONE YEAR AFTER ATTACK ON PARLIAMENT HILL
metroNEWS

1 down, 2 to go

Estrada's gem ensures fairy tale season continues

metroNEWS & metroSPORTS

PLAYOFF PUSH

Fans keeping the faith

Gilbert Ngabo
Metro | Toronto

You could feel the nervous energy — albeit masked by cheers — as the Blue Jays took the field Wednesday.

"I know we will win this," Claudine Pereira said, watching from the bar at Real Sports. "We have to."

For her, thousands of other fans and the players themselves, there was no other option as the do-or-die game against Kansas City started.

> **I've waited for 22 years.**
> Claudine Pereira

Thankfully, her prediction came true with a 7-1 win that kept the World Series run alive, but never quite killed all that nervous energy.

The Jays will face the Royals again on Friday. And Pereira will have at least one more chance to watch some of the "best baseball" Toronto's ever played.

"Whatever happens, I'm still very proud of them now."

The city — and the whole country — have already won, said Ryerson student Mike Cowley.

"These guys have emerged from average team to elite," he said. "And Canadians have shown they love the game. That's what really matters."

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metro NEWS

Your essential daily news

Real-life 'Death Star' destroying a solar system, astronomers say. **World**

Striking portraits

Emotions ranged from uneasy to buoyant to ecstatic as fans across the city watched the Toronto Blue Jays defeat the Kansas City Royals 7-1, moving them on to Game 6 of the series.

LIZ BEDDALL METRO

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Footage inside streetcar shown for the first time

YATIM KILLING

Silent videos to be joined by microphone recording

There has been no doubt how Sammy Yatim died — struck by eight of nine bullets fired in a burst of three, then six, by Const. James Forcillo.

But for the first time on Wednesday, the court and the public were able to see four videos from the interior of streetcar 4058, showing the 15 minutes that begin with Yatim, 18, boarding the Dundas streetcar at 11:45 p.m. on July 27, 2013, and end with his death.

None of the four videos taken by the cameras on the ceiling of the streetcar have audio, though the jury will soon hear a recording from a TTC microphone triggered in emergencies.

Forcillo, 32, has pleaded not guilty to second-degree murder and attempted murder.

At issue in the trial is whether his use of lethal force on Yatim as he stood on the empty streetcar was, in the words of the Crown, "necessary and reasonable." Forcillo's lawyer, Peter Brauti, has told the jury that Forcillo intends to testify and that he shot in self-defence and defence of the nearby members of the public.

The videos played in an almost entirely silent courtroom, all eyes intently watching the seemingly normal comings and goings on the streetcar for 11 minutes. Yatim remains in the seat at the back of the streetcar, his legs mostly outstretched. A group of four female passengers — on their way home from a Justin Bieber concert, according to the defence opening statement — sit near him.

Yatim suddenly produces a knife and makes a slashing motion towards the female passenger sitting nearest him. The Crown noted in their opening address that the knife did not touch her.

The knife — a switchblade with a five-inch black handle and a slim four-inch blade, according to the testimony of SIU investigator Steven Adam — was shown to the jury, encased in a clear plastic tube.

By 11:57 p.m., panicked passengers had fled the streetcar doors as Yatim walked behind them, a knife clearly seen in his outstretched hand. His penis is exposed and in his other hand.

Yatim stops at the front of the streetcar for a few moments as the streetcar driver remains in his seat. Yatim does not go down the steps of the streetcar at any point.

When Yatim goes to the back of the streetcar to retrieve his backpack, the driver gets off the streetcar.

Yatim returns to the front of the streetcar, and the driver gets back on. He stands at the very front of the vehicle and appears to be speaking with Yatim, who is sitting on the front passenger seat with a cigarette in his mouth. The jury has heard from the Crown's opening statement that Yatim asked the driver for a phone to call his father. Yatim also told the driver that he was not going to hold him hostage.

Yatim suddenly jumps up, knife in hand, and moves toward the driver who runs off the streetcar.

Yatim stands at the front of the streetcar as police cars arrive, the flashing lights visible through the streetcar windows.

In the video showing the front doors, two officers — Forcillo and his partner Const. Iris Fleckeisen — can be seen approaching with guns drawn. Fleckeisen holsters her gun almost immediately.

Yatim has the knife raised in his right hand, pointing toward the police, and appears to be shaking his head. After a few seconds, he steps farther back into the streetcar, between the front passenger seats.

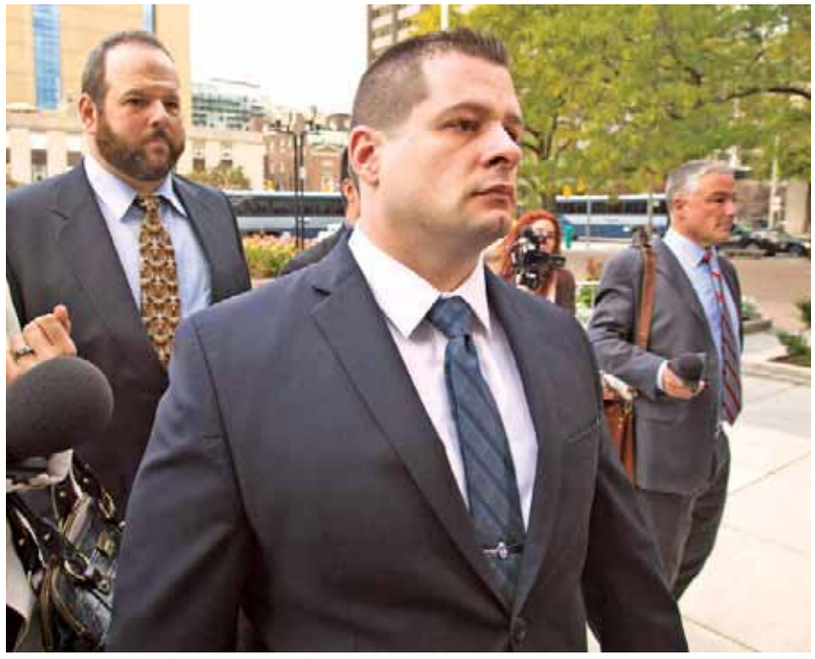
This is when, according to the Crown's opening statement, Forcillo issues the ultimatum: Don't take another step, or I'll shoot.

In the video that shows the front half of the streetcar, Yatim collapses onto his back on the floor of the streetcar after he is shot. The Crown has said the shots struck Yatim in the heart, spine and upper arm.

Forcillo holsters his weapon and approaches the doors, but before he reaches the steps, another officer grabs his arm. The group of officers steps back, and Forcillo draws his gun again.

The jury has heard that despite medical attention, Yatim died shortly after, still on the streetcar, from a bullet wound to the heart. The trial continues.

TORSTAR NEWS SERVICE



Const. James Forcillo, the police officer charged in the death of Sammy Yatim, arrives at court in Toronto on Tuesday, Oct. 13. DARREN CALABRESE/THE CANADIAN PRESS

Sammy Yatim
THE CANADIAN PRESS

SOCIAL ASSISTANCE

Software costs soar to $294M

The cost of the Social Assistance Management System that administers welfare and disability payments to 900,000 Ontario residents has soared to $294 million.

Social Assistance Minister Helena Jacek said another $23 million was added after the government implemented recommendations from a PriceWaterhouseCoopers report, which called for more training for frontline staff who work with recipients.

The additional costs include $15.7 million to hire more IT staff at the ministry and to train social-assistance case workers who complained the SAMS program was too complicated for them to use.

The original tab for the problem-plagued computer system developed by IBM was $242 million, but it kept growing as problems arose with cheques sent to clients — with $20 million in social-assistance overpayments.

More than seven million cheques have now been issued properly, and the case workers in municipalities are much more comfortable with the system, added Jacek. THE CANADIAN PRESS

IN BRIEF

Man faces voyeur charges

Police say a 39-year-old man has been charged with trying to take photographs or video up a woman's skirt in a Richmond Hill grocery store.

York regional police say she reported feeling something on the inside of her leg and saw the man moving his hand — holding a mobile phone — away from her.

David Little of Markham faces voyeurism charges.

THE CANADIAN PRESS

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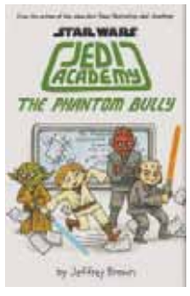

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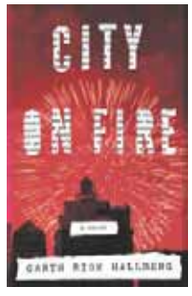

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Rob Ford: Reading between the lines

BIOGRAPHY

Book looks at forces behind our ex-mayor

Jessica Smith Cross
Metro | Toronto

Coun. John Filion hopes people will turn the page on a one-dimensional view of ex-mayor. LIZ BEDDALL/METRO

Toronto city Coun. John Filion decided he wanted to write a book about then-Mayor Rob Ford at the height of the crack scandal.

"He was being portrayed as this one-dimensional buffoon, almost like a non-human cartoon character," he said. "It bothered me that just about everybody was content to just chronicle his misadventures and bad behaviour, and not look at how he got that way, and why he behaved the way he did."

Filion's book, The Only Average Guy: Inside the Uncommon World of Rob Ford, will be released Tuesday — the same day as Mayor Rob Ford: Uncontrollable, by Ford's former chief of staff Mark Towhey.

The two books take very different approaches: Towhey promises a Ford "tell-all," but Filion says he purposefully held back the sordid details he learned about Ford's "misadventures" and life with his wife and children.

Instead, he focuses on how Ford was shaped by his family and the reasons Toronto elected the uncouth councillor from Etobicoke — ground that has also been covered in two earlier books about Ford: Robyn Dolittle's Crazy Town and Ivo Tossell's The Gift of Ford.

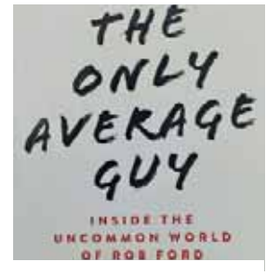
5 EXCERPTS FROM THE FILION BOOK THAT REVEAL A ROB FORD YOU MAY NOT HAVE KNOWN

1 He has a kind streak

EXCERPT:
He suddenly grew concerned that I'd be unemployed if his candidate defeated me. "You don't need to worry," Rob said reassuringly. "You won't have trouble finding a job. You're a smart, an educated guy. You'll be on the radio or write a book or something."

2 He wanted to live in public housing

EXCERPT:
"I'll never forget Rob telling my parents he wanted to move down to the Toronto Community Housing, 'cause that's where all his friends were,'" Doug said, then laughed. "Things haven't changed. All this time and things haven't changed."



Coun. Filion's new book.

3 Ford's wife helped come up with that famous line "enough to eat at home"

EXCERPT: "We talked about this last night. It was funny. Why couldn't they see that? It's none of their business what our sex lives are like."

4 Allegedly, one of his bros bit a guy's nose

EXCERPT:
"And he bit right through until his teeth actually touched, and just the tip was hanging there." Glen remembers it being a slow bite, as if Randy might be savouring the moment.

5 He really didn't want to drop out of mayoral race

EXCERPT:
"People are saying that. A lot of people have been telling me that, buddy," Rob Ford said. "I wanted to stay on the ballot. I didn't want to take my name off."

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eat
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try to talk to others
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KIND PERSON,
I noticed that you took the time to...
take your call outside.
tell your caller to hold & wait.
turn your cell phone off
You just made things a little better.
THANKS! From all of us at the THE URBAN ETIQUETTE PROJECT
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KIND PERSON,
I noticed that you took the time to...
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THANKS! From all of us at the THE URBAN ETIQUETTE PROJECT
DEAR THE LOW
CITY DWELLER,
Yes, this is a big, busy, diverse place. But please don't...
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flick your cigarette butts on the street
swear around kids
cough or sneeze without covering
expectorate (spit)
forget to say "please" and "thank you"
...in this city. Let's work together to make this city better.
THANKS! FROM your friends at the THE URBAN ETIQUETTE PROJECT
DEAR THE LOW
KIND PERSON,
I noticed that you took the time to...
hold a door open for a stranger.
thank the person helping you.
help someone in need
You just made things a little better.
THANKS! From all of us at the THE URBAN ETIQUETTE PROJECT
DEAR THE LOW
KIND PERSON,
I noticed that you took the time to...
You just made things a little better.
THANKS! From all of us at the THE URBAN ETIQUETTE PROJECT

The Urban Etiquette Project is handing out these messages, and others. CONTRIBUTED

Manners matter in urban survival

COMMUNITY

New notes to recognize positive public etiquette

Project creator Christopher Rouleau. TORSTAR NEWS SERVICE

You're getting on the subway — you know the rules. You don't eat smelly food, play loud music, over-perfume or trim your nails. They're not written anywhere; for you, it's common courtesy. But for some, leaving litter or hogging seats is a daily routine.

That's where the Urban Etiquette Project comes in — a series of printable, foldable, wallet-sized cards that you can give out to subway riders, cell-phone users or pedestrians if you think they did something ill-mannered.

"It's not meant to be a ticket," says Christopher Rouleau, the graphic designer and typographer behind the project. "It's a way of opening conversation."

Though the project, formerly called the Toronto Etiquette Project, gained much attention on social media and around the globe in 2011, it reached a steady plateau online and on the streets.

"There are people who don't like to be told what to do. They get very defensive if they're being criticized, and that's the exact reason we need something like this," Rouleau explains. He says this is meant to be a lighthearted way to encourage politeness and to deal constructively with negative behaviour.

The Urban Etiquette Project, a re-launch of the first project, applies to cities other than Toronto and also acknowledges the acts of kindness people perform every day. "There was criticism that the Toronto project only focused on negatives," says Rouleau. But with the urban project, "you can acknowledge the positive behaviour, too."

"I think that would be a lot more effective," explains Julie Blais Comeau, author and Chief Etiquette Officer at etiquettejulie.com. "Spreading joy, showing gratitude and giving recognition are very quickly contagious."

> **A compliment, rather than a criticism, will go a long way.**
> Amena Rajwani

Amena Rajwani, a Toronto public librarian, was one of the many excited Torontonians when the project came out. But, overcome with the fear of appearing judgmental, she never gave out any cards — a common feeling that may have been the cause of a general decline of participation in the project.

"It felt judgmental to tell someone … 'you're being unkind,'" she says. "There are so many perspectives to someone's story. What if they're having a bad day, and I made it worse?"

Some people don't mind and actually welcome the reminder. Rouleau once gave a card to someone that read, "Dear fellow pedestrian, just a reminder that walking is like driving. Refrain from texting." The person smiled back and said, "Sorry, sorry."

Though the project seems to have lost its 15 minutes of fame, Rouleau says it's up to the people. "I think everyone is still trying to find ways to tackle etiquette issues in their own way," he says. He plans on drafting some new ideas to launch by National Etiquette Week in May.

When Rajwani learned about the different, positive approach of the project's relaunch, she said she just might start handing out cards. "You're making someone feel better about themselves. A compliment, rather than a criticism, will go a long way."

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Canada accepting Syrian refugees

VOLUNTEERS

Toronto group bringing 100 more families to the city

Gilbert Ngabo
Metro | Toronto

A Toronto group is taking matters into its own hands to help fast track the movement of refugees to Canada.

Ten volunteers from the Archdiocese of Toronto just returned from a two-week visit to Jordan where they went into refugee camps, selected and helped prepare applications for families fleeing Middle Eastern countries.

"We plan to resettle these 100 families in the next several months," Martin Mark said.

Mark is director of the church's Office for Refugees, charged with coordinating efforts to raise money for sponsorships and resettlement. More than 2,500 refugees, from places such as Somalia, Sudan and Iraq, have been resettled since the initiative launched in 2009.

For many refugees, camps like this one in Jordan can be as dangerous as the countries they're fleeing, advocates say. GETTY IMAGES

About 120 refugees from Syria alone have arrived in Toronto through the project. Many of the people the group meets are in dire need of help, Mark said.

"Some of these refugees are even fleeing from the camps because the conditions there are horrible," he said. "People may even attack each other inside the camp.

"One guy said he couldn't allow his eight-year old daughter to venture out even in daytime because security is so bad."

The group looks for refugees who may be targeted for various reasons, Mark said. Religious minority groups are, for instance, often especially vulnerable in camps.

Volunteers — who make three or four trips a year to various parts of the world — are familiar with the United Nations' refugee screening process and guidelines, having participated in resettlement programs or undergone training.

Along with speeding up resettlement, going into the field helps match refugees with sponsoring groups back in Toronto.

Liberals reaffirm pledge to resettle thousands

As the world grapples with the largest refugee crisis since the Second World War, Justin Trudeau is faced with the daunting task of fulfilling a campaign promise to resettle 25,000 Syrian refugees in Canada by the end of the year.

The prime minister designate has just 10 weeks to make good on that pivotal pledge that saw support for the Liberals surge among Canadians yearning for a revival of their vaunted humanitarian past.

But while refugee advocates say it's not impossible, it may be extremely difficult to fulfill that promise on such a short deadline. And it would require immediately ramping up Canada's refugee resettlement programs and devising an emergency mass-evacuation plan for vulnerable Syrians.

"We need a multi-pronged approach with a massive investment in human resources, working with the armed forces to open military bases for temporary housing for refugees," said Chris Friesen, president and founder of the Canadian Immigrant Settlement Sector Alliance.

"We need to co-ordinate nationally and provincially. It's loud and clear that Canadians embrace the idea of refugee sponsorships. Government-assisted resettlement is the fastest and most efficient way to bring in the refugees."

Demands that Canada do more to help refugees soared in September after the lifeless body of Syrian toddler Alan Kurdi was found washed up on a beach in Turkey.

During a speech in Halifax Sept. 20, Trudeau said his government would consider airlifting refugees, in a crisis that has seen more than 4 million people flee war-torn Syria over five years.

The Liberals said Wednesday they would honour their campaign pledge to resettle 25,000 Syrian asylum seekers, though they did not specify a timeline.

TORSTAR NEWS SERVICE

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The City of Toronto is preparing its submission to the Province of Ontario on changes to the City of Toronto Act, 2006 (COTA). The City is looking for your input.

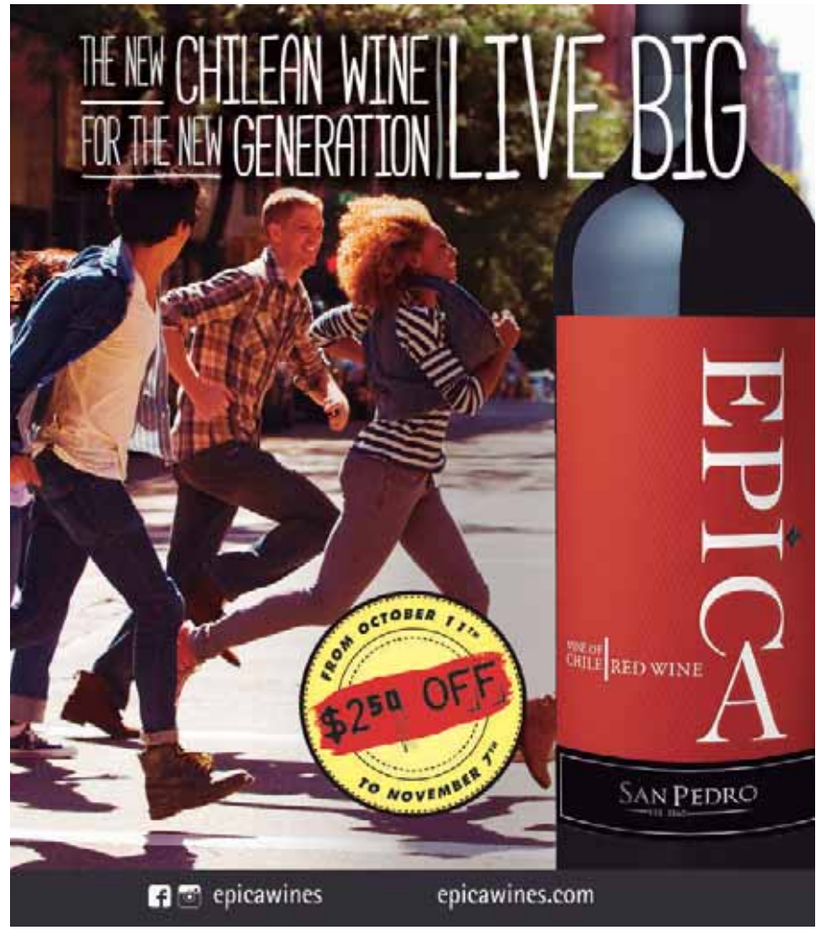
1. **Learn more about COTA and provide your comments online**
   Visit toronto.ca/cotaconsultation for background information and a link to the survey.
2. **Attend an Open House and Public Meeting**
   Attend an open house to learn more about COTA and provide your input.

When: Wednesday, October 28, 2015
7 - 8:15 p.m. – Open House: meet staff and learn about COTA
8:15 - 9:30 p.m. – Brief presentation and public comments

Where: Council Chambers, Toronto City Hall, 100 Queen St. West

For more information about this consultation, please visit toronto.ca/cotaconsultation

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.



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Philanderess gives Shaw feminist spin

THEATRE

Woman's online life collides with real life in play

If you're a young woman working in Toronto theatre, the best way to get one of your plays produced is to borrow a page from home improvement manuals and "do it yourself."

It's recently worked a treat for Toronto artists like Sophia Fabiilli.

After a successful run at last summer's Toronto Fringe Festival, The Philanderess (her feminist take on Bernard Shaw's The Philanderer) is returning for a two-night run at the Second City Theatre.

It's the bawdy but funny saga of a contemporary woman "whose online life and real life start colliding," as Fabiilli described it over coffee last week.

Sophia Fabiilli with Jakob Ehman and Amos Crawley in The Philanderess. CONTRIBUTED

"My leading character has a sex blog. She's also got a serious partner, but they have an understanding that as long as there are no local involvements and nothing gets serious, anything goes."

But the course of casual sex never runs smooth and, before too long, everyone is in trouble. Hilarious trouble.

You'd be forgiven for thinking Fabiilli's female spin on the story was inspired by The Philanderer, which had a successful Shaw Festival run in 2014, but nothing could be further from the truth.

"In January, I got a Fringe slot and was looking for a project to do. I was sitting right in front of my bookshelf one day and saw The Philanderer. I remembered I had done it for a scene study in school and loved it. No, I hadn't seen it at Shaw, but I thought, 'Why not do a feminist reimagining it of it?'"

The Philanderess can be seen at the Second City Theatre, 51 Mercer St., on Oct. 22 at 10:30 p.m. and Oct. 25 at 10:15 p.m. Call 416-343-0011 or go to secondcity.com for tickets.

TORSTAR NEWS SERVICE

+ CHANGE WOMEN PLAYING MEN

Bending gender onstage
Once upon a time, the only women who played male roles onstage were eccentric divas like Sarah Bernhardt (Hamlet) or Maude Adams (Peter Pan). But as sexual lines started blurring in the latter part of the 20th century, the field grew more crowded. For example, Toronto has seen three females attempt King Lear in recent decades (Janet Wright, Patricia Hamilton and Claire Coulter) and today, non-traditional gender casting is something we take in stride, like these recent examples.

An Enemy of the People
When this modern-dress production of Ibsen's classic opened in 2014 at Tarragon Theatre, Joe Cobden played the lead role of Dr. Stockman. But when Cobden was unavailable for this year's revival, director Richard Rose cast Laura Condlln in the role, a change that resulted, by all accounts, in an excellent performance.

Richard III
In 2011, the Stratford Festival let one of its leading actresses, Seana McKenna, tackle the hunchbacked villain who slashes his way to the throne of England. McKenna was a wily Richard, but since the character can be strangely androgynous to begin with this transgender casting didn't make much of an impression on this critic.

TORSTAR NEWS SERVICE

Seana McKenna as Richard III in the Stratford Shakespeare Festival's 2011 production of Richard III. CONTRIBUTED

Dispute that ticket quicker

BYLAW ENFORCEMENT

Plan in motion to appoint screening officers

Luke Simcoe
Metro | Toronto

The city wants to make it easier for you to wiggle out of parking tickets.

Barry Randell, director of court services, said a new plan could remove parking ticket disputes from the provincial court system. Instead, anyone wishing to contest a ticket would meet with an impartial screening officer with the power to uphold a ticket, cancel it or reduce the fee.

"It would enable people to get a resolution in days rather than months," Randell said.

Under the current system, people who want to fight a ticket must book a court date and meet with a Justice of the Peace.

Historically, that's meant waiting "several months, if not longer," Randell said.

The new method — known formally as an Administrative Monetary Penalty System (AMPS) — has been implemented in municipalities including Brampton, Mississauga, Oshawa and Vancouver.

Since 2005, an estimated 250,000 parking tickets in Toronto have been contested. In a third of cases, Randell said drivers decide to simply pay their fine once they receive a court date.

"That's just a waste of time and money," he said. "And it delays the processing of more serious charges."

Randell said the new system would be more convenient, while also preventing people from "gaming the system" by not showing up or hoping the bylaw officer who issued the ticket doesn't either.

"People who get a lot of parking tickets … won't be able to run out the clock by relying on the courts," he said.

The city is surveying residents about how they would like the new system to work. The survey is available online at toronto.ca and will be open until Oct. 30.

Under a new system being proposed by the city, drivers would no longer need to book a court date to contest a parking ticket. TORSTAR NEWS SERVICE FILE

11%

The percentage of parking tickets handed out by the city that get disputed.

$450

The most expensive parking ticket, issued for parking illegally in a handicap spot.

EDUCATION

Minister defends payouts

Ontario's education minister is defending $2.5 million in special payouts to teachers' unions, saying the groups incurred extra costs during the latest round of bargaining — due to the Liberal government's new system.

Liz Sandals refused to reveal how much the government spent on the compensation while it is still in negotiations with the Elementary Teachers' Federation of Ontario and support staff unions.

But a memorandum of settlement shows the government agreed to pay the Ontario Secondary School Teachers Federation $1 million to compensate the union. The Ontario English Catholic Teachers' Association also received $1 million, its president said, while the French teachers' union received $500,000.

"I don't think of it as compensation per se," Sandals said after question period. "I think of it as investing in transforming a system that didn't work." THE CANADIAN PRESS

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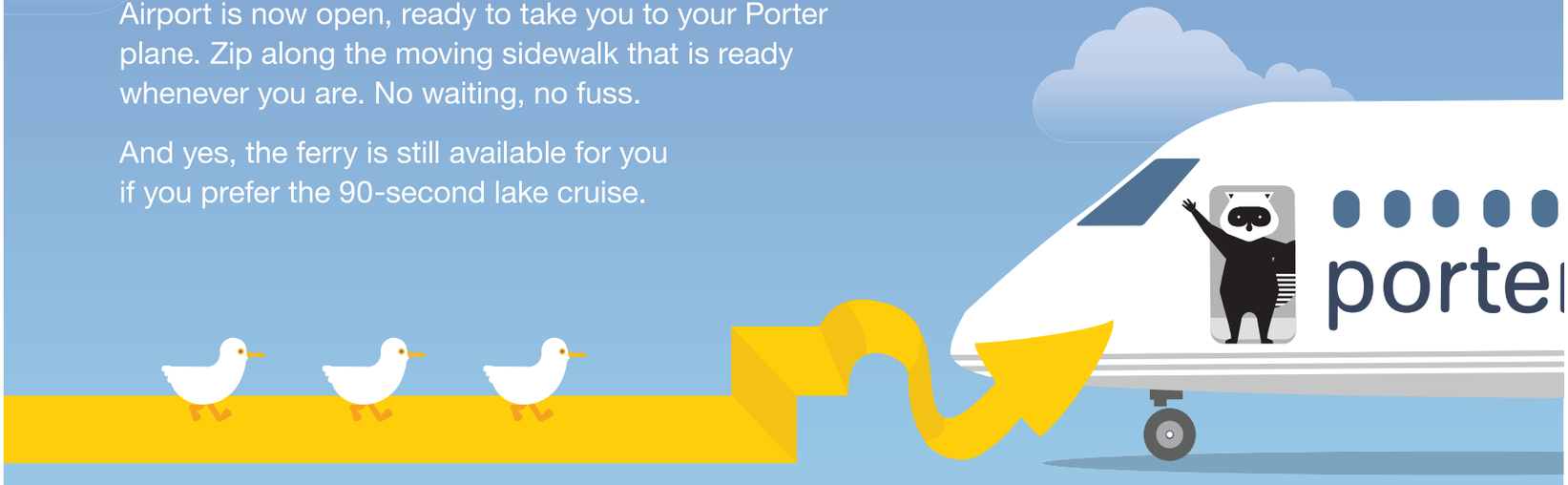

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TORONTO ZOO

SickKids' incubator nurtures pandas

An old incubator from SickKids' neonatal intensive care unit has held lots of babies, but never ones like these.

Toronto Zoo's two newborn panda cubs, still pink, tiny and blind, are taking turns being housed in a retired incubator donated by the hospital. It's been crucial to the cubs' wellbeing, a zoo official says.

"The incubator is a critical piece of equipment that is being used by the giant-panda team to give both cubs the best chance for survival," said Dr. Chris Dutton, the zoo's head of veterinary services, in a press release. "I would like to express particular thanks to SickKids' Dr. Peter Cox and Mr. Navtej Virdi for arranging this important contribution."

The panda cubs take turns being monitored in an old incubator donated to the zoo by SickKids. CONTRIBUTED

According to the zoo, staff from the Wildlife Health Centre, Wildlife Care and two giant panda experts from Chengdu Research Base of Giant Panda Breeding in China immediately retrieved the second cub after mom Er Shun gave birth Oct. 13 and placed it in the incubator.

Every few hours, staff swap the cubs so they both have time to bond with Er Shun.

Once the cubs are healthy and old enough to be on their own with mom, the incubator will be relocated to the Wildlife Health Centre.

TORSTAR NEWS SERVICE

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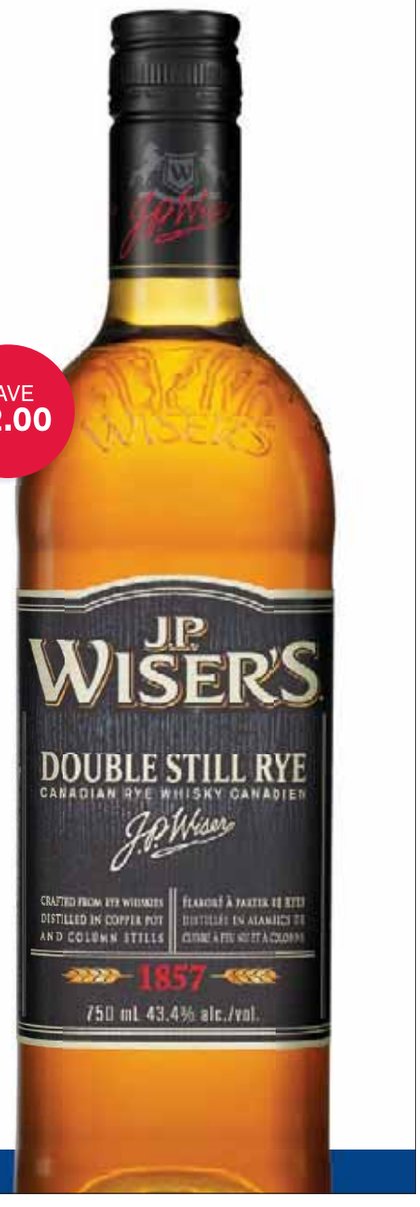

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Terry and Mary Eagan on their wedding day. CONTRIBUTED

Wife's last wish met

HEALTH

American man plans healing garden for Richmond Hill

Gilbert Ngabo
Metro | Toronto

A Boston man is honouring his late wife's wish by bringing a healing garden to Toronto.

Terry Eagan has teamed up with Toronto's Acoustic Harvest music series for a fundraising concert this weekend in Scarborough. All proceeds from the concert will go toward creating a healing garden at the Mackenzie Health in Richmond Hill.

"I actually called them patio gardens in the beginning," said Eagan, explaining the idea behind the initiative that's been around since 1997.

The effort is a continuation of what started as a personal endeavour to honour the request of a beloved one. When Eagan's wife, Mary, was in her last days suffering from leukemia in 1992, she asked him to build a garden for cancer patients undergoing treatment.

"She loved to see the flowers and hear the birds and touch the waters," said Eagan.

After her passing, Eagan who had a successful career in the computer software industry, used his love of folk music to organize concerts as fundraisers. The first Mary Eagan Healing Garden was completed in 2001 at the Beth Israel Deaconess Cancer Care Centre in Waltham, Massachusetts. But the initiative didn't end there. Through personal connections, the idea spread north of the border. Two more such gardens were built at the Bloch Cancer Survivor Park and the Greenberg Cancer Centre in Ottawa.

Local acoustic singers Anne Walker, Cathy Fink and Chris Coole will perform at Saturday's concert taking place at the Robinson Hall in Scarborough.

Eagan makes sure each garden is a setting of comfort in the heath centre, with flowers and a water fountain for patients to "take a deep breath and another one." he said.

"Science provides the cure, but it's the spirit of the patients that needs this kind of healing," he said. "I'd like to see these gardens everywhere. It's what I'll do for the rest of my life."

One of the Mary Eagan healing gardens. CONTRIBUTED

6 NEW WINNERS HEADING TO OTTAWA

The wave of new Liberal MPs in Toronto includes the first Somali-Canadian to sit on Parliament Hill, a former city councillor and a chemist. This is the second part of Metro's look at some of faces you might not necessarily recognize.

Jessica Smith Cross
Metro | Toronto

1 James Maloney
Etobicoke-Lakeshore

James Maloney was a civil trial lawyer for about 20 years, and says that background will help him in federal politics. He said he cares a lot about transit and plans to help local leaders access federal money for the cause. He's been involved in local politics for a long time, and is on the board of directors for the Franklin Horner Community Centre and the Catholic Children's Aid Society of Toronto. His own political career began when was appointed as an interim Toronto city councillor for five months in 2014, after Coun. Peter Milczyn resigned to serve as a Liberal MPP.

Michael Levitt 2
York Centre

Michael Levitt was born and raised in Scotland, coming to Canada at 14. He's a founder of the Canadian Jewish Political Affairs Committee, and is on the board of directors for the Koffler Centre of the Arts and the Jewish National Fund. He's also on the board of governors of Mount Sinai Hospital. He's been involved with the Liberal Party for more than decade, and then realized it was time for him to run for office himself.

3 Salma Zahid Scarborough Centre

Salma Zahid worked as a senior adviser to the provincial government on health care, infrastructure, citizenship and tourism. She has Master's Degree in Educational Management and Administration from the University of London and an MBA from Quaid e Azam University in Pakistan. She moved to Scarborough 15 years ago, and before that was a community organizer in Regent Park.

4 Ahmed Hussen
York South Weston

Ahmed Hussen said his election is a proud moment for him and other Somali-Canadians. He's particularly passionate about affordable housing, having co-founded the Regent Park Community Council and working on the revitalization project there after coming to Canada in 1993. He was national president of the Canadian Somali Congress and has worked in politics as a staffer and special assistant to former Liberal premier Dalton McGuinty.

Geng Tan 5
Don Valley North

Geng Tan is trained as a scientist, with a doctorate in chemical engineering from the University of Toronto. Until the election, he worked at Ontario Power Generation. He was born in China and works with community groups that help new Canadians. His early campaign was run nearly entirely in Mandarin, the Globe and Mail reported.

6 Ali Ehsassi Willowdale

Ali Ehsassi was born in Geneva, the son of an Iranian diplomat. He moved to New York City at age three, and attended the United Nations school with children from around the world. He moved to North York at 15. He's a lawyer with degrees from Osgoode and Georgetown University, plus a Bachelor of Arts from the University of Toronto and a Master's of Science from the London School of Economics.

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Election reform ahead

DEMOCRACY

Trudeau sticks to vow despite profiting off current system

Big electoral changes loom for Canada.

Prime-minister-designate Justin Trudeau has promised Monday's election would be the final one conducted using the traditional first-past-the-post system.

That means the "winner-takes-all" way Canadian voters have always elected their MPs will be changed in time for the 2019 federal campaign.

"It was one of our commitments that this would be the last election based on this process," Trudeau told reporters in Ottawa on Tuesday.

"We have much work to do, to consult, to be engaged with Canadians, to study the issue so that upcoming elections are indeed done in a different way," he said in French.

Trudeau made his comments even though his Liberals won 184 seats in the 338-member Commons — or 54.4 per cent — with just 39.5 per cent of the popular vote.

"Over 9 million Canadians didn't get to vote in a representative in this election," said Kelly Carmichael, executive director of Fair Vote Canada, which is advocating for electoral reform and would like to see proportional representation.

If a form of that voting system were in place, Trudeau's Liberals might have won 134 seats in the Commons, a minority that would have forced them to seek partners for a governing coalition.

Trudeau has promised that an all-party parliamentary committee will be struck to consider reforms.

Kelly Carmichael said her organization would like to see a "task force" of experts and MPs to study options. But she is confident they will conclude some type of proportional representation system is the answer because it works in other countries such as Germany and New Zealand.

TORSTAR NEWS SERVICE

Justin Trudeau makes his way to the National Press Theatre on Tuesday. Trudeau has promised an all-party committee will be struck to consider new formats. SEAN KILPATRICK/THE CANADIAN PRESS

POLITICS

Race begins to find new Conservative leader

The Conservatives have taken their first steps toward a leadership race with the creation of a committee that will set the rules of the upcoming contest.

That committee will be able to work on its own and won't have to report to any corner of the party, including the national council, until they have set the rules of the leadership race to replace Stephen Harper.

Three senior party executives were named to the committee Tuesday and will be joined by Tories from within and beyond the national council, taking into account regional representation, gender and minorities. Committee members will have to pledge that they won't support any one candidate in the race.

In the meantime, the party's constitution says that the parliamentary caucus, which includes the House of Commons and Senate, will decide who should be the party's interim leader until Harper's replacement is found.

THE CANADIAN PRESS

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REMEMBERING

MP left shaken for days

When Liberal MP Adam Vaughan returns to work next month, the walk to his office will take him past the scene of last year's shooting on Parliament Hill.

First elected in a byelection last June, the Toronto MP had only been on the Hill a few months when Michael Zehaf Bibeau stormed Parliament, fatally shooting Cpl. Nathan Cirillo and injuring a security guard.

The Parliament buildings were under renovation at the time, and Vaughan mistook the first volley of shots for construction.

"I was in the stairwell about to come out into the hallway where the shooter was," he said. "I came out into the hall and was immediately pushed back into the stairs by a security guard who was shouting, 'Get out, he's got a gun.'"

Vaughan and his colleague, Chrystia Freeland, were taken to the security staff's lunch room.

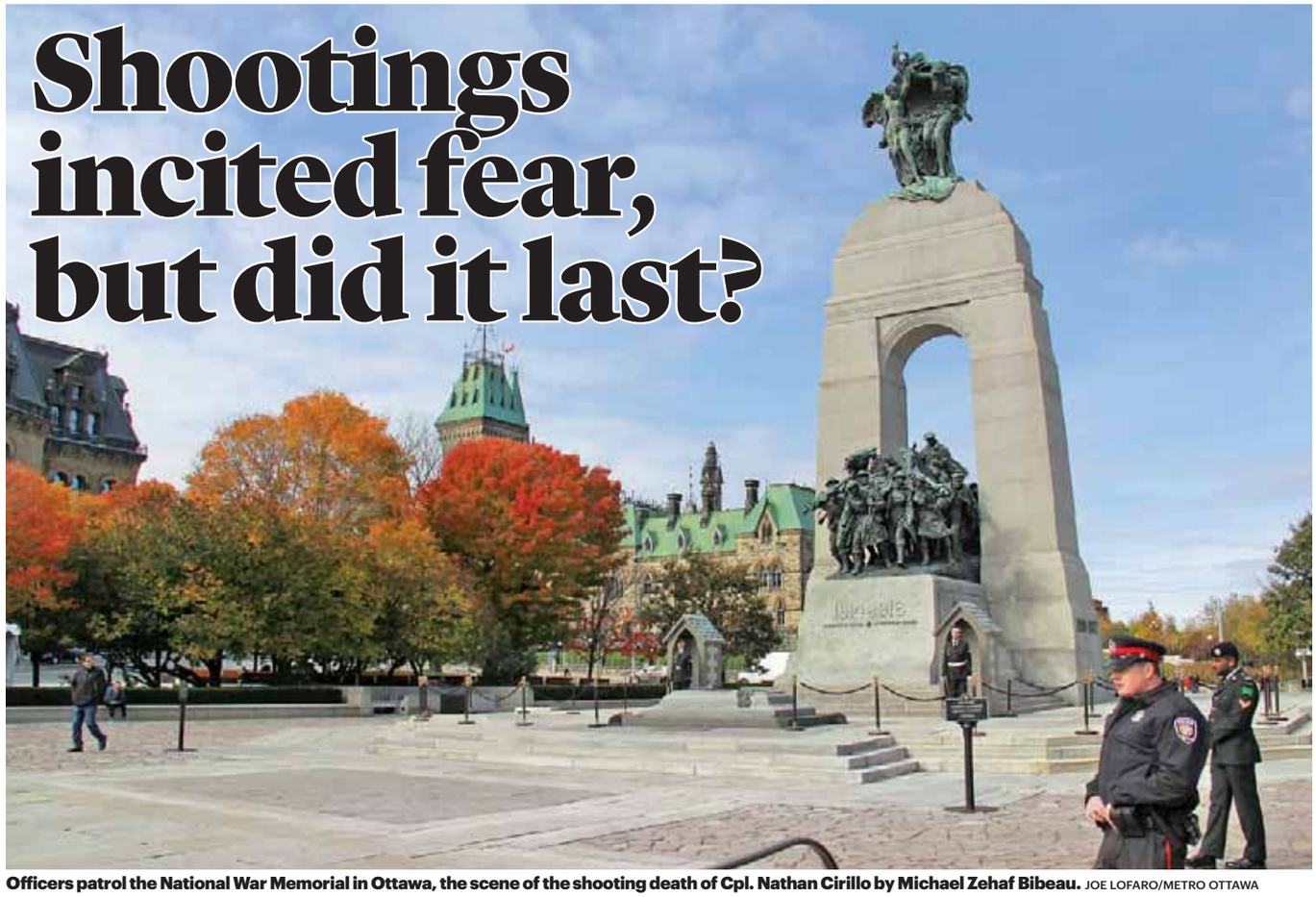
Vaughan was eventually evacuated to safety but said the events left him shaken for days afterwards.

"There were echoes," he said. "I was doing a TV panel at John Tory's victory party and they started popping balloons behind me. I nearly jumped a foot."

LUKE SIMCOE/METRO

Liberal MP Adam Vaughan
TORSTAR NEWS SERVICE FILE

Shootings incited fear, but did it last?



Officers patrol the National War Memorial in Ottawa, the scene of the shooting death of Cpl. Nathan Cirillo by Michael Zehaf Bibeau. JOE LOFARO/METRO OTTAWA

POLITICS

Election result suggests Canada is not more insular

Michael Woods
Metro | Ottawa

When the House of Commons reconvened the day after last year's attack on Parliament Hill and the National War Memorial by a lone gunman, there was a new level of collegiality among MPs.

Prime Minister Stephen Harper advised his colleagues to take care of their health. He and his opponents, NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, all exchanged hugs.

But there were also early hints the shootings — which happened one year ago Thursday — would change things.

"In recent weeks, I have been saying that our laws and police powers need to be strengthened in the area of surveillance, detention, and arrest," Harper told MPs. "I assure members that work, which is already underway, will be expedited."

> **Our laws and police powers need to be strengthened in the area of surveillance, detention, and arrest.** Stephen Harper

Mulcair mentioned the weekly yoga session on the lawn of Parliament Hill as a symbol of the country's openness and freedom.

"We cannot allow that openness and freedom to be rolled back," Mulcair said. Trudeau made similar remarks.

Yoga didn't go away. But security at Parliament Hill has been beefed up, and responsibility has been transferred to the RCMP.

The Conservatives passed Bill C-51, their controversial anti-terror legislation that gave the country's security agencies more power to share information and disrupt potential terror plots, among other things. The Liberals supported it, but Trudeau said his party would amend it.

The election campaign saw issues such as the Government's wish to strip convicted terrorists of their Canadian citizenship. But the result has perhaps shown that Canada has not become a more fearful and insular society since the shooting, with voters turning away from a Conservative party that campaigned on security in favour of a Liberal party that preached "sunny ways," as Trudeau said in his victory speech on Monday.

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IN BRIEF

Israel's Netanyahu draws ire for WWII accusation

Prime Minister Benjamin Netanyahu sparked an uproar on Wednesday for suggesting that a WW II Palestinian leader persuaded the Nazis to adopt their Final Solution to exterminate six million Jews.

Holocaust experts and survivors said the comments are inaccurate and lessens the Adolf Hitler and the Nazis' responsibility.

THE ASSOCIATED PRESS

Joe Biden not running for U.S. presidency in 2016

Vice-President Joe Biden declared Wednesday he won't run for president in 2016.

The decision bolsters Hillary Rodham Clinton's standing as the front-runner.

During an appearance in the White House Rose Garden, Biden cited his son Beau's recent death from brain cancer as one of the reasons behind the decision.

A Biden aide said the vice-president made his decision Tuesday night.

THE CANADIAN PRESS

SPACE

Astronomers find real-life Death Star

A white dwarf star in the Constellation Virgo turns out to be a Death Star worthy of Star Wars.

Astronomers announced Wednesday that they discovered a rocky object coming apart in a death spiral around the star. They used NASA's exoplanet-hunting Kepler spacecraft to make the discovery, then followed up with ground observations.

"This is something no human has seen before," said Andrew Vanderburg of the Harvard-Smithsonian Center for Astrophysics, the lead author.

"We're watching a solar system get destroyed."

The data show the object in an orbit 520,000 miles (837,000 kilometres) from the white dwarf — the approximate distance from the Earth to the moon, and back. Scientists believe the original object may have been a planet whose orbit became unstable, and was kicked inward.

The fictional Death Star of "Star Wars" fame was the Empire's monstrous space arsenal capable of destroying a planet.

The findings are being published this week in the journal Nature. THE ASSOCIATED PRESS

A rendering showing an asteroid disintegrating as it orbits a white dwarf star. HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS

Groups of migrants struggle to make their way across the Balkans in Europe. THE ASSOCIATED PRESS

Refugees continue to pour into Slovenia

REFUGEE CRISIS

Nation lobbies EU leaders for financial and security aid

After too many days and nights stuck outside in the rain and cold, tempers are fraying among the tens of thousands of migrants trying to get through the Balkans to the heart of Europe.

A fire at the main refugee camp on Slovenia's border with Croatia destroyed a dozen army-issue tents Wednesday.

While the government said it was still investigating the cause, police at the scene told The Associated Press that migrants had set a stack of UNHCR-supplied blankets deliberately on fire to protest conditions in the camp on the outskirts of Brezice.

Many migrants from the Middle East, Asia and Africa expressed bewilderment and disappointment because they had been told as they began their journeys in Turkey that the hard part would end once they reached the EU.

"We did not think Europe is like this: no respect for refugees, not treating us with dignity. Why is Europe like this?" said Iraqi refugee Ari Omar in Slovenia.

21,500

More than 21,500 refugees have crossed to Slovenia since Hungary closed its borders with Croatia five days ago. THE ASSOCIATED PRESS

More than 21,500 people have crossed that frontier in the five days since Hungary — the previous favoured EU entry point for migrants crossing the Balkans — closed its borders with Croatia and forced the human tide further west into Slovenia.

The Alpine country of barely two million says it can't cope with the volume of human traffic and have been seeking help.

Reflecting Slovenia's lack of sufficient shelters, more than 3,000 people who crossed the border Wednesday night were ordered to sit in cornfields, surrounded by police and soldiers, until buses could deliver them north to Austria.

Slovenia interior secretary of state Bostjan Sefic told reporters in Ljubljana that troops would have greater freedom to tackle crowd-control tasks on their own, because the country didn't have enough police for the job.

Slovenia president Borut Pahor has spent the past two days in Brussels lobbying EU leaders for financial and security aid.

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ARCHITECTURE

Basilica construction continues

Barcelona's breathtaking La Sagrada Familia Basilica, designed by visionary architect Antoni Gaudi, has begun its final phase of raising six immense towers that will make it Europe's tallest religious building.

Presenting the project Thursday, chief architect Jordi Fauli said the central "Tower of Jesus Christ," the tallest of the six, will make the architectural marvel one for the record books.

"The central tower of 172.5 metres (566 feet) will make it the tallest cathedral in Europe, because the tallest tower in Europe is Ulm, at 162 metres (531.5 feet)," Fauli said.

The Sagrada Familia, an emblematic fixture of the Barcelona skyline and major tourist site, had its first stone laid in 1882. It is 70 per cent complete.

"It's difficult to predict but we can say that it will be completed by 2030, 2032," he said.

The "Tower of Jesus Christ" will be crowned by a cross and tightly surrounded by five other towers, one dedicated to Mary and four slightly shorter ones for the four apostles.

THE ASSOCIATED PRESS

The church. THE ASSOCIATED PRESS

Robert Kyncl, YouTube's chief business officer, speaks as the company unveils YouTube Red, a new subscription service, on Wednesday, in Los Angeles. DANNY MOLOSHOK/THE ASSOCIATED PRESS

YouTube launching an ad-free service

INTERNET

Plan offers music, videos and movies for $10 a month

YouTube is launching a subscription plan in the U.S. called Red that combines ad-free videos, new original series and movies from top YouTubers like PewDiePie, and on-demand unlimited streaming music for $10 US a month.

Red builds on Google's existing music streaming service by providing ad-free access to YouTube programming, along with features such as the ability to download videos to mobile devices and have music playing in the background while using other mobile apps.

Current subscribers to the $10 US-a-month Google Play Music service will also get access to Red.

The service will not be available in Canada when it launches.

$54.6 million

Internet radio giant Pandora Media made $54.6 million US on subscription and other revenue in the quarter through June, mainly from its $5-a-month ad-free plan, Pandora One.

Red targets YouTube fans who want to skip ads, while giving them a chance to pass along some cash to their favourite video creators, who'll share in the new revenues. It comes as streaming services like Hulu, Pandora, Spotify and TuneIn offer ad-free as a paid option.

The plan, which launches Oct. 28, includes exclusive access to new videos launching next year, as well as the YouTube Music Key service — to be called YouTube Music going forward — for music videos.

THE ASSOCIATED PRESS

ECONOMY

BoC keeps rate low, sees slower growth

The Bank of Canada lowered its economic growth forecasts for 2016 and 2017 on Wednesday as it stood firm on its trend-setting interest rate.

The central bank maintained its July estimate for 2015 economic growth but downgraded projections for the next two years, blaming the hits to business investment and resource exports from persistently low commodity prices.

The bank maintained its July forecast that the economy will grow by 1.1 per cent in 2015.

The report presented a revised growth projection for 2016 of two per cent, down from 2.3 per cent, and a 2017 forecast of 2.5 per cent, down from 2.6.

In explaining its decision to keep its overnight rate at 0.5 per cent, the bank noted that inflation and economic activity was largely unfolding as predicted, even as low oil prices continue to weigh on the economy. It said the country's economy is bouncing back from the technical recession that kicked off 2015.

The central bank once again pointed to robust household spending as the key driver of Canada's economic activity.

THE CANADIAN PRESS

market minute

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TSX 13,704.19 (-137.73)

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metro VIEWS
Your essential daily news
Thursday, October 22, 2015

CHANTAL HÉBERT: ON TRUDEAU'S CABINET

"Over and above all other choices, the new prime minister's picks for the finance and environment portfolios are the ones that stand to define his rookie government.

The cabinet Justin Trudeau unveils on Nov. 4 will have to hit the ground running.

From recasting Canada in the anti-ISIL international coalition, to deciding the fate of the just-negotiated Trans-Pacific Partnership, to beating a ticking Supreme Court clock on medically assisted suicide, to rewriting the Conservative anti-terrorism legislation and setting up an inquiry into missing and murdered aboriginal women, many of the items on the incoming government's to-do list are time-sensitive.

On Tuesday, Trudeau said he expected his future ministers to be "actual deciders." Time will tell how much real autonomy that job description will entail. What is certain is that the men and women who make up the first Liberal cabinet in a decade will all have their work cut out for them clearing an overloaded policy agenda.

Over and above all other cabinet choices, Trudeau's picks for the finance and environment portfolios are the ones that stand to define his rookie government. Here's why.

By definition, the finance minister comes second only to the prime minister in the cabinet pecking order. There is no margin of error in selecting the right person for the job, for one cannot change finance ministers like one changes shirts.

When Stephen Harper first came to power, Jim Flaherty had the inside track on the finance post, and picking Paul Martin was a no-brainer for Jean Chrétien.

In contrast with his predecessors, Trudeau has a variety of routes he could take. Some are more adventurous than others.

The Liberal leader wants to appoint an equal number of men and women to his cabinet. In the past, the promise to make more room at the top for women has mostly translated into filling the bottom tier of the cabinet with female ministers while leaving the front-line portfolios in male hands.

Canada has never had a female finance minister. To show he means business on gender parity, Trudeau could pick an economics-savvy former journalist such as University-Rosedale MP Chrystia Freeland.

Quebec was a bit player in Harper's three governments. Appointing one of his fellow Quebecers to finance would reinforce the message that the province is back at the big table. Economist Jean-Yves Duclos — who managed to get elected in the Quebec City Conservative heartland on Monday — has strong credentials for the post.

Toronto-Centre MP Bill Morneau is both an experienced Bay Street figure and a fresh face on Parliament Hill. His appointment would reassure corporate Canada that there will continue to be open channels between it and the new government without diluting Trudeau's change message.

A trio of veteran parliamentarians with hands-on experience in government in the shape of Ralph Goodale, John McCallum and Scott Brison round out the "safe" section of the list.

There is no such competition for the environment portfolio. If Trudeau is serious about dusting off the climate-change file, he will reappoint Stéphane Dion to his previous ministerial brief.

Little would send the international community the message that Canada is back in the climate-change battle more loudly than the return of the last federal minister to have played a constructive role on the issue on the world stage.

In contrast with finance, the place of the environmental file on a government's radar is proportional to the influence of its ministerial keeper. A former party leader, Dion has the gravitas to ensure the environment brief is not (again) shoved off the table.

The pipeline debate is where Quebec's sovereigntist leadership has determined to draw its latest line in the sand. Dion fought and won a war of words on the rules of a future referendum against more articulate sovereigntist champions than the current ones.

Trudeau has long argued that a lack of social licence accounted for the Conservative failure to get a single pipeline project off the drawing board. A strong pro-environment voice in the top tier of the cabinet is a precondition to restoring public confidence in the pipeline approval process.

It won't be hard for Trudeau to find a more inspiring finance minister than Joe Oliver turned out to be in the dying years of the Harper reign.

But on his choice of an environment minister, the Liberal prime-minister-elect will be held to a higher standard.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Punny literary treats

What happens when you cross Cervantes' masterpiece with an egg pie? Why, Don Quiche-ote, of course. That highly literary brunch dish is part of a veritable buffet of foods being served up at local libraries across North America. "Edible books" (in the metaphorical sense, of course) are a way to promote rediscovery of classic works and bring people together at the same time. The trend — which is riding the wave of pun-love flooding the Internet lately — has spawned creations such as All is Quiet on the Western Bundt (cake), a Tequila Mockingbird cocktail and a tribute to Hemingway's A Farewell To Arms featuring a double-amputee gingerbread man.

SOURCE: BUSTLE

ROSEMARY WESTWOOD

metroview

A poet laureate is timeless and necessary in the digital age

When Anne Michaels is speaking carefully, the poet and author of the novel Fugitive Pieces puts her right hand to her forehead and gazes down.

When the words flow more quickly, she's likely looking at you with spirited eyes, maybe pushing a great wave of hair back off her face, as if to press her thoughts forward.

In 2015, in Toronto, a city of millions, the writer has a new title and a pressing question: what difference can one poet laureate make?

"I see it as a mandate to do something of value — small value, quiet value — but something of value," she says. And then she admits to hashing ambitious plans for her three-year tenure, city-wide events still too fledgling to name.

I'll be honest: when I heard Michaels had been selected, it made me care, for the first time, that poet laureates still exist. And even now that someone I admire holds the title in Toronto, it seems an incongruous role in the digital age. What does an old-fashioned figurehead role have to do with our lives — lived half digitally, outside the reach of geography altogether?

The poet laureate is a champion of all literature, Michaels tells me, and "language is how we speak out. It's our great hope, I think, so you can scold and excoriate and celebrate."

Poetry can seem destined for few and elevated shelves, the purview of devotees and no one else. But that is not how Michaels sees it.

It is "combustible" language, naturally anarchic and not necessarily bound in a book. It's a shot, a slash of graffiti on a building, anti-status quo, under the radar, a voice out loud alone in a room.

Her own writing often focuses on the dark, hard experiences of life. She says it's important "to go to those places that are incredibly difficult to look at, and then to see whether one can come out the other side, what can be made of that."

It is solitary work. But the role of a poet laureate is not. With collaborators at the City of Toronto, she intends to seek out all the layers of people here, their voices and languages.

"I mean, we're surrounded by languages, and every language here has a literature, so why aren't we bringing that forward somehow?" she asks.

There is a certain sense of helplessness in our society, she says, and rage among people who feel disenfranchised. Perhaps a poet laureate can offer, through language, power.

At a time when the problems are so big, that seems not only timeless, but necessary. In that sense, there's nothing symbolic about it.

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BOOKS

Tavi Gevinson on life in New York and Yearbook Four

Nichole Jankowski
Metro | Canada

Tuesday afternoon in New York, Tavi Gevinson was pacing outside her doctor's office near Broadway and 21st. Gevinson, 19, is in her first year at NYU and has kicked off the term with a fall book tour for her fourth and final instalment of Rookie Yearbook, a compendium of articles published on her Rookie Mag site.

On this bright October day, she's wearing "a big red sweatshirt" that reads 'Tuesday,' she says, speaking on her cellphone. "*Red*," she wrote in Sheila Heti's Women in Clothes, "*translates femininity to power.*"

She paired the sweatshirt with black pants ("pants are kind of new to me," the former style blogger says) and black ankle boots — black, "*the uniform of New Yorkers.*"

Gevinson landed in New York over a year ago, ahead of starring in Steppenwolf's Broadway revival of This Is Our Youth, for which she received rave reviews. The New York Times says Gevinson "nails exactly the aggressive defensiveness of a girl who sees boys as both the enemy and salvation."

With a full day ahead, Gevinson is pacing, waiting and carrying a blue — "*It is the sky, the water, and Joni Mitchell*" — leather school bag. Speaking to Metro, Gevinson references lyrics from Mitchell's 1976 song Amelia: People will tell you where they've gone / They'll tell you where to go / But till you get there yourself you never really know.

She is talking about what she's learned over the years from the contributors to her site, which publishes personal essays, informational and tongue-in-cheek how-tos, photography, art and celebrity interviews.

"The best feeling for me is when I can experience Rookie as a reader," says Gevinson. "I think that it really is affirming to just watch other people try and understand their own experiences and being as candid, earnest or ugly as they need to be in order to get to the truth of the matter."

Gevinson founded Rookie Mag when she was only 15 years old and feeling that we needed more complex depictions of women in media. An online haven for young women to learn, share and grow, it is the spiritual successor to '90s alternative teen magazine Sassy.

"I basically just tricked a bunch of people into giving me advice, and then published it for other people to see, too," says Gevinson. But for all its insight, the site has never been prescriptive. "Rookie is not your guide to Being a Teen. It is not a pamphlet on How to Be a Young Woman," wrote Gevinson in her first editorial letter.

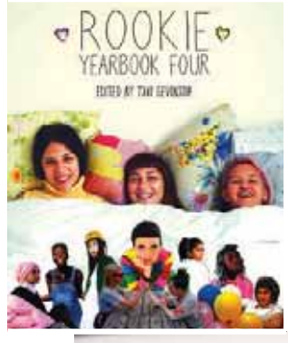
Rookie is an advising big sister, a friend who always listens, someone to laugh and cry with. "For me, it's always been with Rookie trying to walk a line between not wanting to romanticize the pain and the angst and sometimes actual depression of being a teenager but also needing to find the upside of it," says Gevinson, which she admits is difficult. "There's nothing more annoying than saying 'Look on the bright side' or 'It gets better' to someone who's still in it."

Gevinson, who graduated high school before starting on Yearbook Four, is still in it. "I was trying to embrace the unknown," says Gevinson. "I'm a year ahead of Rookie. I was trying to enjoy that uncertainty and that void."

In her editor's letter she consoles readers that it does, in fact, get better, although some things do get worse.

"I do feel that (Yearbook's senior issue) is a lot more optimistic about growing up," adds Gevinson.

Catch Tavi Gevinson at Buddies in Bad Times Theatre, 12 Alexander St., tonight at 7 p.m.



From fashion blogger to feminist icon, Gevinson has grown up online. PETRA COLLINS/CONTRIBUTED

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Fashion victims throughout history

INTERVIEW

Writer says style not given the rigorous look that it deserves

Sue Carter
For Metro Canada

Most of us have dealt with the pain of squeezing into a pair of too-tight jeans or nursed blisters from ill-fitting shoes. But imagine putting on a dress or hat, knowing very well it's coated in poison.

That's the reality that Alison Matthews David brings to light in her new illustrated book, Fashion Victims: The Dangers of Past and Present, a fascinating but gruesome look at how some of the most beautiful and stylish garments produced throughout Western history have also been the most lethal.

An associate professor at Ryerson University's school of fashion, Matthews David played detective, scientist and cultural anthropologist for 10 years, digging through international museum collections to uncover the dangerous side of clothing (an accompanying exhibition is on display at Toronto's Bata Shoe Museum until June 2016).

"People don't take fashion seriously in some ways," says Matthews David, who is currently researching a follow-up title on the connections between clothing, crime and forensics.

Published by Bloomsbury, Fashion Victims travels through the 19th and early 20th centuries, tracking the deadly mercury toxins found in men's fur felt hats (hence the Mad Hatter disease); strangulating scarves and fire-attracting crinolines; arsenic-laced emerald ball gowns and floral headpieces that caused horrific illnesses and wounds, and a coal-tar solution that dyed fabrics a gorgeous mauve, but left its makers and wearers exposed to a poisonous chemical soup.

"Fashion is not just about a vision, it's about our bodies," Matthews David says. "There was such a celebration over this amazing new dye, but it was also a giant chemistry experiment on the public. At the same time, you can't deny it's a beautiful colour."

What is striking about the era is that often there was a broad awareness of these dangers and yet people continued to wear the offending materials in the name of fashion. But Matthews David cautions against holding judgment, comparing the situation to modern-day lipstick, which is often riddled with lead.

"The social investment in wearing these things and in our appearance is so strong," she says. "I wear lipstick. I dye my hair as well, so it's not really fair to point fingers. But it made me think about my own decisions in terms of being a consumer of fashion and cosmetics."

When Matthews David visited the Victoria & Albert Museum in London to examine its collection, she discovered that the men's headwear was still so toxic, it was wrapped in Mylar bags and identified with a skull and crossbones.

"It made me think of the bodies of the historical fashion victims," she says. "As a researcher, I have this privileged, gloved, hands-on access to these objects, so I really got close and personal. It brought it home — I can safely look at them, but what about the people who made them?"

This is where Matthews David gets political. Have the horrific conditions and exposure to chemicals faced by garment workers in the 19th century improved much in today's global "fast fashion" market? Do we, as consumers, care?

"We're not as much in contact with the horrors of how things are made in unsanitary or dangerous conditions," says Matthews David. "But I hope that people will think a little more about what's in their own wardrobes after this."

I wear my lipstick. I dye my hair as well, so it's not really fair to point fingers.
Alison Matthews David

Sue Carter is the editor at Quill & Quire magazine.

From fire-attracting crinolines to arsenic-laced emerald ball gowns, Fashion Victims gives a history of dangerous 20th-century designs. CONTRIBUTED

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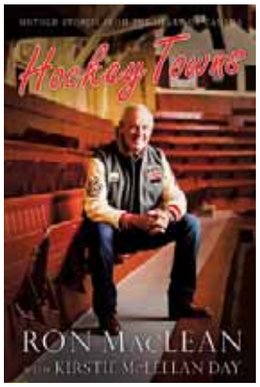
BOOK EXCERPT HOCKEY TOWNS BY RON MACLEAN WITH KIRSTIE MCLELLAN DAY

One Great Keeper in the Hands of Another



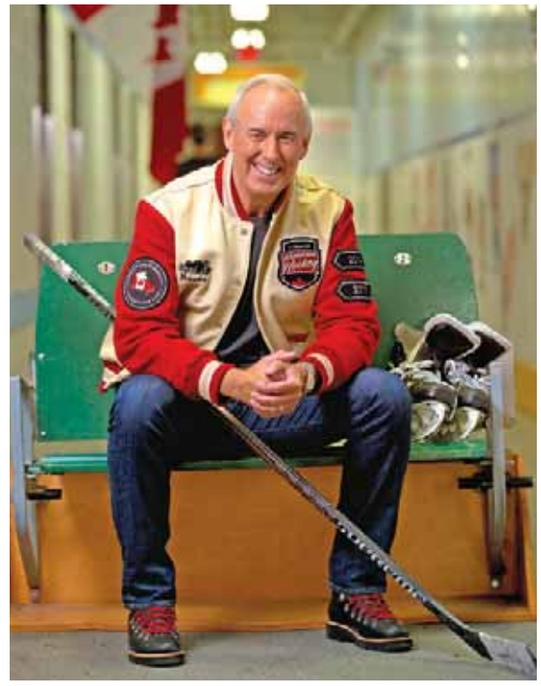
In Hockey Towns, Ron MacLean and co-author Kirstie McLellan Day tell some of the most interesting hockey stories from towns across Canada. In this excerpt, we are introduced to Ian Jenkins — "or Big E, as they call him" — a good-looking young man from London, Ont., who started skating at age two.

Ian Jenkins was a phenomenal fifteen-year-old midget goaltender. The Scouting News called him "the most effective 1995 goalie … in the system."

When he started in the net, his dad, Joel, would sometimes throw a puck bag over Ian's head, and like a scene from Star Wars, teach him to know and feel the crease without looking at it. Later, Ian trained with former pro Stan Matwijiw, who taught "Have a Purpose" (HAP) on the ice and in life. Ian really bought into that and wrote HAP on the inside wrist of his glove.

When the London Knights tapped him, Ian was on the ice. Joel was monitoring the OHL draft on his phone from the stands and he put both his thumbs in the air. Ian circled his net and pumped his fist in pure joy. Joel watched with an apple in his throat. All their dreams were coming true.

On May 19, 2011, the day before Ian was to leave, he



Twenty-four-year-old Kevin Folster needed a kidney. Ian's kidney would save his life.

was hanging with his buddies to say goodbye. He left Joel a message: "Hey, Dad, I'll wait for you at the corner around four o'clock. Love you."

Joel was minutes from the corner when a fire truck whizzed by with an ambulance in its draft. Suddenly, his phone was ringing. Gloria, Ian's mom, was breathing hard into the receiver. Ian had fallen from the back of a pickup and whacked his head on the trailer hitch.

Joel raced to the site and slammed the car into park so hard it almost rocked off its wheels. Ian was lying in the road, foaming at the mouth, and his limbs were contorting. Joel knelt next to him, talking softly. He searched his son's eyes, but he couldn't find him.

Just before midnight, a surgeon sat with the family and told them there was no hope. Joel remembered Ian saying he felt bad for all the kids who didn't have what he had, so the family made a decision. Twenty-four-year-old Kevin Folster needed a kidney. Ian's kidney would save his life.

One of the first things Joel did after Ian's funeral was reach out to Ian's buddy, the sixteen-year-old kid who'd been behind the wheel of the truck. Joel told him, "Accidents happen. You've got to be strong." But nothing's made life easier for Joel — he will always be missing a piece of his own HAP, and he's got a hole in his heart that will never heal. How can it?

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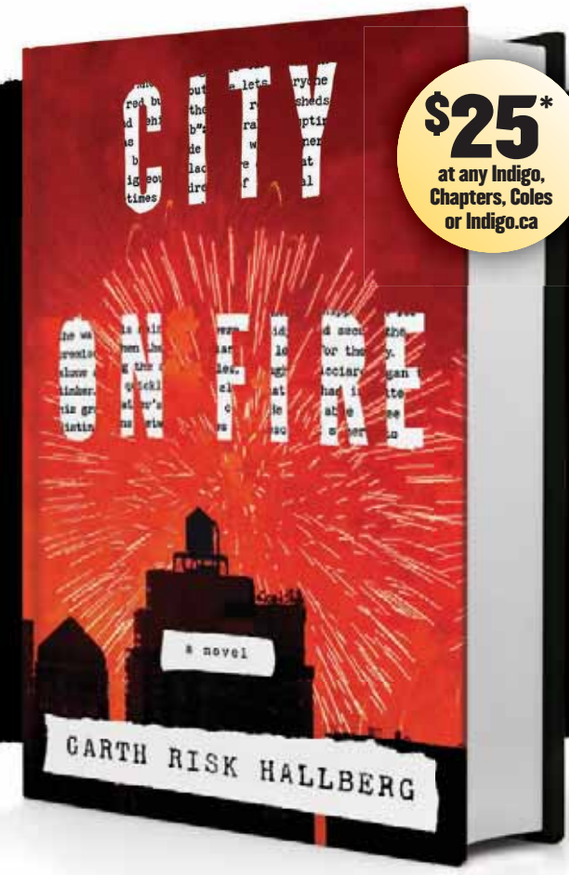

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The Golden Son after Secret Daughter

NEW FROM SHILPI GOWDA

Coming-of-age novel finds son at odds with his birthright

Henrietta Walmark
Metro | Canada

Like her debut bestseller, Secret Daughter, Shilpi Somaya Gowda's new novel, The Golden Son, is a family-based saga that straddles two cultures across two continents.

The story of The Golden Son (Harper Collins, $22.99) follows Anil, the doted-on eldest son of a large family in rural India, as he leaves home for America. His closest friend is the free-spirited Leena who bests him at childhood games in their village where Anil's father is clan leader and arbiter of its disputes. Settling disagreements is a role Anil is to inherit and one he struggles to accept as he moves half a world away to begin a medical residency at a large Dallas hospital.

Gowda dropped by Metro's Toronto office to talk about how her sophomore novel was inspired by growing up as a child who witnessed within her own family the practice of informally settling disputes.

"In India there is a long tradition of an Assembly of Five Respected Elders who would adjudicate issues that came before them. That custom endured in different ways. Usually an elder male in the family would be the informal arbiter and people would bring them problems or issues that they had with property disputes or within a marriage or between siblings who were trying to divide up an inheritance. And I just found it fascinating," says Gowda. "As a child I was usually shooed out of the room or the house and told to go ride my bike but I'd listen at the door."

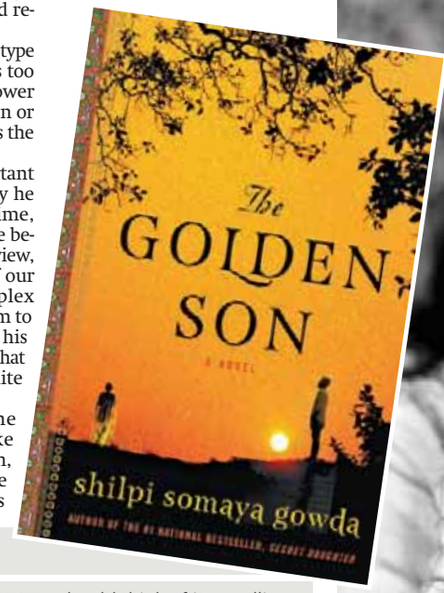
"That experience has always stayed with me. As I grew up and became an adult and started navigating issues in my own life I realized, much to my surprise, grownups don't always have the answers. I was really fascinated by that concept and I wanted to build a story around it."

The tradition of informal arbitration threads through the novel with unexpected repercussions.

"There is a danger to this type of setup, when it becomes too paternalistic, too much power concentrated in one person or in one family's hands," says the Toronto-born author.

"I thought it was important for Anil to change the way he viewed his father over time, from a hero worship at the beginning, a very simplistic view, which a lot of us have of our parents, to a more complex adult view that enables him to be better at the role that his father wanted him to play; that there is no black and white and everybody's flawed."

When asked what she hoped readers will take away from The Golden Son, Gowda says: "People surround themselves — and we can do this now with social media and 24-hour news networks — with people who have the same opinions as them. We don't have the same kind of vigorous open debate that we used to have. I hope people will say, 'hey, what did you think about that case,' and 'let's try and see each other's point of view and understand how we make decisions differently.'"



REEL DEAL

Coming to a screen near you

The screen rights to The Golden Son have been optioned to Toronto's Conquering Lion Pictures that produced The Book of Negroes miniseries. Gowda says she's excited about her novel being turned into a film, with a proviso.

"One of my favourite authors, Michael Cunningham, said that when you're an author and you sell the rights to your book, you should think of it as selling a house. You hand over the keys, and you go away. You don't stick around to tell them what colour to paint the front porch and whether to keep the doorknobs," Gowda says, laughing. "That's their job and you've done your job."

"The film will almost certainly be different than what I have in my mind. I look forward to seeing someone else's interpretation."

Shilpi Somaya Gowda's new novel draws on a tradition of informal dispute resolution. CONTRIBUTED

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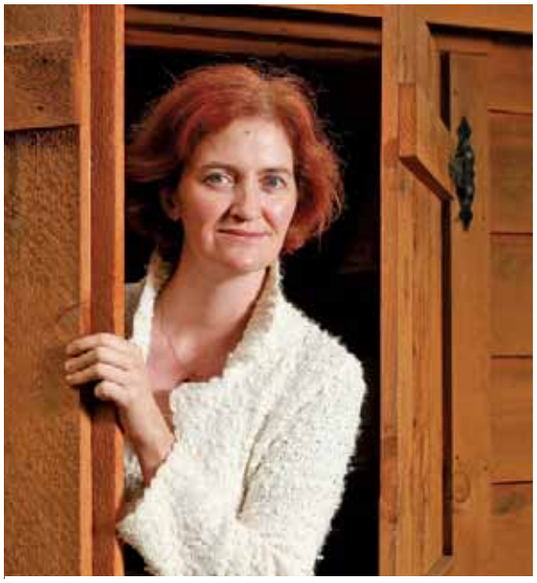


Emma Donoghue says she's "entirely thrilled" with the film adaptation of her novel Room. CONTRIBUTED

It's a Room of her own

INTERVIEW

Emma Donoghue had an active hand in bringing her book to film

Writer Emma Donoghue was heavily involved in the making of her wildly popular book Room into what is promising to become an equally popular movie — it won the People's Choice Award at the Toronto International Film Festival in September. Donoghue, who lives in London, Ont., spoke about adapting a book to a movie.

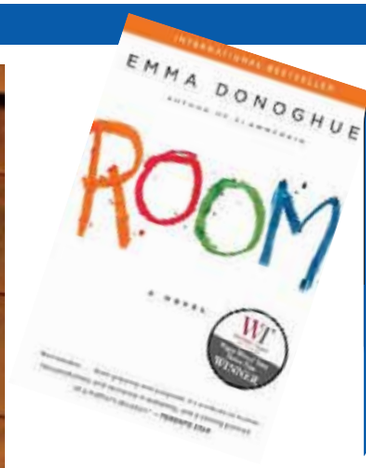
Not all books are made into movies, nor should they be. And, in fact, whenever your book is optioned you have to say to yourself "this will not turn into an actual film." So you can imagine how thrilled I am that we've actually reached this point and that it's a film I'm so proud of. From my point of view I'm just entirely thrilled with this film so it's a very, very rare and sweet experience for a novelist.

The film was a collaborative effort between you and director Lenny Abrahamson. How did that work for you?
I had drafted a screenplay before anyone came on the scene. I had done that before the novel was published, actually, because I had a strong feeling that Room would work well on screen and I thought I should try my hand at a screenplay before anybody was advising me or asking me about it. So I came to Lenny with a draft which he liked and then he put me through several more drafts. I was getting feedback not just from him but from the producers and various funders.

In the book there's a lot of internal dialogue — a lot of thinking. Was that a challenge to translate to screen?
I remember thinking we really need a cinematic equivalent for the child's point of view in the book rather than trying to put in huge wedges of voice-over. We actually use voice-over in the end but very sparingly to kind of mark little breaks between sections. The obvious way to do this would have been with an almost continuous voice-over and I didn't want that. Because in a way the camera can show you what the boy sees.

Did you have to make any compromises you'd rather not have made?
Going into this I already knew that sticking literally and closely to the book is not the way to translate the magic; there's a lot to be said for creating a film on its own terms. I'm a highly enthusiastic cinema-goer and I don't think any writer should go into the business of adapting her own work unless she genuinely finds film just as interesting and worthwhile as books. You shouldn't go in with any kind of snobbery around it.

TORSTAR NEWS SERVICE



I honestly couldn't say which is better. Once you see the performance of, say, Brie (Larson), she seems more vivid than anything in the book.
Emma Donoghue comparing her book to the film

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Just for laughs Live

MUSIC BRIEFS

Adele leaks details of her "make-up record"

In a letter posted on social media, singer Adele confirmed that her upcoming album will be titled 25 and called it a "make-up record."

The singer's highly anticipated next album has been the source of much speculation, with reports saying it will drop in late November.

On Sunday, she released a 30-second song clip in a commercial that aired during the British X Factor.

Now, in a letter posted on Twitter, Adele offers insight into the album, saying "My last record was a break-up record and if I had to label this one I would call it a make-up record."

AFP

A one-way ticket to success

INTERVIEW

'I don't think it's that loveable, being a drunk'

Sue Carter
For Metro Canada

When Paula Hawkins' debut psychological thriller The Girl On the Train hit shelves in January, critics were quick to tout the novel as the successor to Gillian Flynn's Gone Girl. But given the book's phenomenal trajectory — selling more than three million copies to date, with a movie starring Emily Blunt on the way — it's safe to say that publishers are now scrambling to find the next The Girl On the Train.

Hawkins' titular girl is Rachel, a divorced, unemployed alcoholic who finds solace in chugging back cans of gin and tonic while riding the commuter train in and out of London.

She becomes voyeuristically obsessed with a couple whose home she passes daily, romanticizing their perfect lives — until the woman goes missing, and Rachel becomes embroiled in the mystery of her disappearance.

Like Gone Girl and other female-centred stories before it, Hawkins' novel has brought up a debate about the "likeability" of its protagonist.

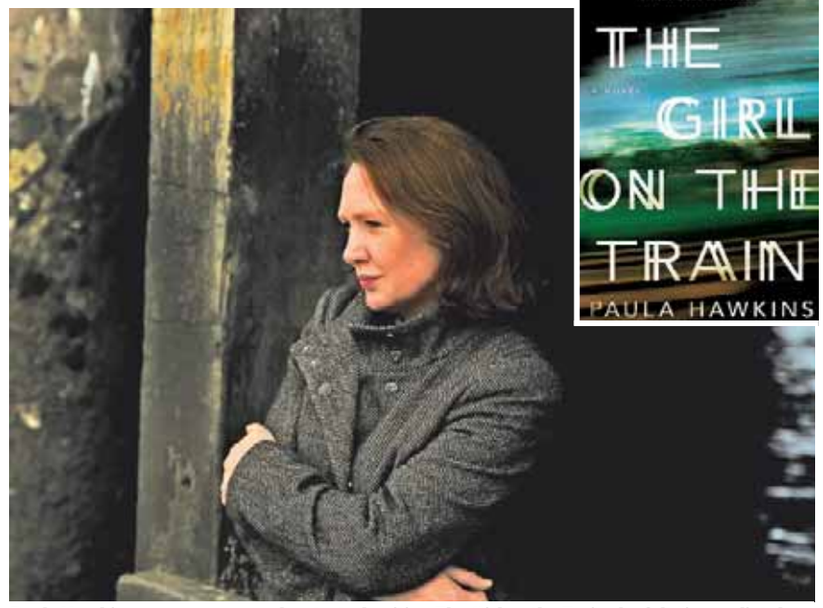
"It's a gendered thing. I don't think that men are asked about likeability to the same degree," she says.

But niceness wasn't a trait that the 43-year-old London writer considered while creating Rachel, a challenging narrator even when sober.

"Rachel was really interesting to write because she is incredibly frustrating and does really stupid things and has bad judgment, but I think that's what addiction is like. Some people couldn't stand her but I empathize with her," says Hawkins.

"I think there are a lot of alcoholics, in crime fiction especially, who are loveable rogues, but that's not what I was interested in, because I don't really think it's that loveable, being a drunk."

Hawkins, who grew up in Zimbabwe, got her start as a financial journalist, which she says gave her discipline.



Paula Hawkins says as soon as she started writing The Girl on the Train she felt "immediately better" after writing a couple of romance novels under a pseudonym. CONTRIBUTED

She wrote a couple romance novels under a pseudonym, but found the genre challenging.

"I think it was useful in terms of flexing my fiction muscles, and learning how to create characters and plot, but I wasn't putting my heart and soul on the page," she says.

"As soon as I started writing The Girl on the Train, I felt immediately better."

GOSSIP BRIEFS

The bold and beautiful

Photo editors take note: Zendaya is aware of your touch-ups and she's having none of it. The singer and Disney star spotted some curious discrepancies between her new cover of Modeliste magazine and, well, her real body. "Had a new shoot come out today and was shocked when I found my 19-year-old hips and torso quite manipulated. These are the things that make women self-conscious, that create the unrealistic ideals of beauty that we have," she posted to Instagram. "So I took it upon myself to release the real pic."

The magazine took down the offending photos. NED EHRBAR/METRO HOLLYWOOD

What romance?

Don't bother asking Kate Hudson about those pesky dating rumors that link her to Nick Jonas, because she isn't talking. On Watch What Happens Live, Andy Cohen tried to tease confirmation out of her about the much-speculated-about fling, but no dice.

"I don't like addressing any kind of gossipy stuff," Hudson says. "My agent has been my mystery man maybe 25 times. You can't hug someone or talk to someone without it ending up being a thing." So you're saying it's a thing? That's totally a confirmation! NED EHRBAR/METRO HOLLYWOOD

NONSENSE

Philosopher Jaden Smith spouts again

Ned Ehrbar
Metro | Hollywood

Young Smith is a lover not a fighter. HANDOUT

Magical second-generation Hollywood quote machine Jaden Smith is back with some wonderful pronouncements, in case you needed a pick-me-up.

In a chat with GQ, Smith admits that he's dedicated to "being, like, one of the craziest human beings to ever exist," so don't worry about offending him when you call him nuts.

"It's fun, bro. That's what a lot of people don't realize," he explains. "I feel like it's an honor, actually, for people to think I'm crazy. Because they thought Galileo was crazy, too, you know what I'm saying? I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

He also has aspirations toward cryptic, not quite anonymous altruism, because of course.

"It'll be kind of like Banksy," Smith explains. "But in a different way. More of a social impact. Helping people, but through art installations. It'll be like, 'This just happened that helped a bunch of people over here. We don't know who did it, but these symbols and things were left around, so we can only guess that it's Jaden and the squad.'"

Mixing fame with motherhood

NEW MUSIC

Underwood finds balance on her fifth studio album

Carrie Underwood is pure poise on the red carpet, on stage and on TV — but she's finding it hard to strike a balance these days, she says.

"I think mom guilt is rampant in my life," said Underwood, whose son Isaiah was born in February. "I still constantly wonder, 'Is this fair to him? Is my life fair to him?'"

Underwood, whose new album, Storyteller, is out Friday, knows the exhaustion that comes after being up all night with a fussy baby during album launch week, or the remorse in bidding him goodbye in the morning and knowing she'll be working long after his bedtime.

As she sings in Smoke Break, an ode to the working class that is now in the Top 5 on Billboard's Hot Country Songs chart, it's hard to be a good wife, a good mom and a Christian.

"He's my No. 1 priority," Underwood said. "But it's just a question of how am I going to do this?

"I'll probably never find the answers to those questions."

When she was pregnant and writing songs for Storyteller, she initially wasn't ready to sing about the joys of motherhood. "I would have writing dates with people and they would come in and push me in that direction," Underwood said. "And I was like, 'Eh, no.' I do not want to write an album of mushy baby songs. Or mommy songs. That is not me."

But she did co-write What I Never Knew I Always Wanted, a reflection on the realization that motherhood filled a hole she never knew she had.

For her fifth studio album, she worked with two new producers, Jay Joyce and Zach Crowell, along with her regular producer Mark Bright.

Joyce, who won a CMA Award for producing Eric Church's album Chief and is nominated this year for Little Big Town's Pain Killer, brought a dark, rock edge to the album.

"There's definitely some twang on the album," Underwood said. "That almost makes it super fresh compared to a lot of what is out there right now. It's not old, not old country, but it's more traditional."

"She's got so many different facets to her voice," Joyce said. "She's got a really sexy slinky quiet voice, too. She sounds more confident to me."

THE ASSOCIATED PRESS

Underwood's new album drops Friday. ALL PHOTOS GETTY IMAGES

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metro HOME

Your essential daily news

Famed architect Zaha Hadid's first NYC residential building has robots that will park your car

ISTOCK

Buy early, reap the rewards

Here's how to get the most out of your pre-construction condo purchase

Duncan McAllister
For Metro Canada

Whether you're an investor or an end-user, buying a condominium during the pre-construction stage can have several advantages.

For one thing, if you're prepared to wait the average two or three years for the building to be finished, you will own the newest building on the block. That brings the peace of mind knowing that you'll have the lowest maintenance and highest reliability.

Tarik Gidamy is one of the founding partners of online real estate brokerage TheRedPin.com. He says that "newbies" and first-time buyers have difficulty visualizing their future homes by perusing floor plans. This type of buyer feels more comfortable being able to walk through a finished unit, to be able to look at and feel the layout and finishes.

Gidamy says that condo builders are becoming more savvy when it comes to helping people to understand and visualize space. They're leveraging technology with new tools such as 3D renderings and virtual showroom tours.

With smaller condos, Gidamy advises prospective buyers to visit an existing suite to experience firsthand the look and feel of their future condo.

"One of the things I always recommend to my agents is to go to one of these projects. Find a similar layout that's already built and show people what a 520-sq.-ft. unit feels like."

What kind of savings can you realize by buying pre-construction?

"Usually buildings go up about five per cent, once the building is ready and you can walk in and feel it." says Gidamy. "Just waiting those extra months, you can get on an average condo $20,000 more for it."

The biggest advantage of pre-construction is that you're splitting up the down payment, says Gidamy.

"When you buy something resale, you're putting up a big chunk and you're ready to go. Here it allows people to save cash flow. You're basically hedging your bets on future value and potential, but more importantly, for first-time homebuyers, is the ability to space out your deposits and plan towards a certain date."

The demand for rental units in Toronto is increasing as more people move into the city. Right now, this need is fulfilled almost entirely by new condo units. For investors, financial returns can be realized by buying, waiting and selling upon completion.

Buying from plans is a different story for investors than for end-users, says Gidamy.

"Investors are not emotional. They don't care about the layout; they care about profitability, they care about ROI."

"Usually buildings go up (in price) about five per cent, once the building is ready and you can walk in and feel it.

Tarik Gidamy, co-founder of online real estate brokerage TheRedPin

The Grid condos at Dundas and Jarvis are in pre-construction. Clockwise from right, renderings of the exterior, a floor plan and a suite. CONTRIBUTED

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Innovation doesn't happen overnight

Bryan Tuckey
For Metro Canada

The way we build condominiums has evolved significantly over the years. Behind every new and innovative feature found in today's homes, there are years of research and development.

Here in the GTA, we are fortunate to have small business incubators that allow science and technology concepts to grow into real-life products and services. One is Tower Labs in Toronto — a non-profit organization founded by highrise builder Tridel and the MaRS Discovery District. It was created to help accelerate the adoption of green building products and services in new homes. It helps get new technology into the market by making it less risky for real estate stakeholders to adopt. This is done by introducing the technology in pilot or demonstration projects.

Its Dynamic Glass project allows builders to create windows powered by a sophisticated intelligence engine that responds intuitively to outside conditions by adjusting the tint. Weather forecasts and real-time sensors anticipate and respond to cloud cover or excessive sunlight. Homeowners can also control their tint levels by downloading an app for their mobile device.

> **Science and technology concepts ... grow into real-life products and services.**

Meanwhile GaiaSoil introduces a new lightweight soil solution for green roofs. It is made out of modified recycled material like Styrofoam cups, composted organic matter and clay. GaiaSoil is significantly lighter than traditional soil and is naturally modified in order to hold water, minerals and nutrients, making these available for plant growth. The technology will be put into practice in Tridel's Aqualina development on Toronto's waterfront.

Aqualina will also be home to another Tower Labs initiative called NetZED — a condo suite that produces as much energy as it consumes. At night the suite is powered by the building's energy sources. During the day, the NetZED home uses solar energy for electricity and hot water that is pre-heated by the sun and stored in a dedicated hot water tank. Any excess energy in the suite is transferred to the rest of the building.

After years of testing, this type of technology makes its way to new developments. With so many new and innovative technologies currently in the testing phase, we are on our way to building better, greener communities for generations to come.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

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3 TORONTO

Sales event: The Nest residences of Hillcrest Village is offering a limited-time cashback offer and their large suite program. Check it out at the presentation centre at 784 St. Clair Ave. W.
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LEGAL MATTERS

Reverse mortgage a cushion for seniors

Jeffrey Cowan
For Metro Canada

Q: My elderly mother is on a fixed income and some months she doesn't quite have enough money to cover all her bills. My brother and I have been supplementing her income, which we don't mind doing, but my mother does not like sacrificing her financial independence. She owns her home outright and a friend of hers has suggested that she take a reverse mortgage to supplement her income. How do these mortgages work and are they safe?

A: Reverse mortgages have been around since 1986 and they offer anyone over 55 years of age the ability to borrow against their house without having to make monthly repayments.

A senior can take out a mortgage with the Home Equity Bank (a Schedule One bank) up to a total of 55 per cent of the appraised value. As long as the homeowner maintains the property, and pays the taxes and insurance, they will not be forced to pay back the loan.

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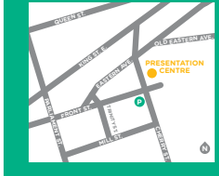

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PICNIC

CONTRIBUTED

Life can be a picnic by the park

Project overview

PICNIC is the latest midrise boutique condominium in the Bloor West neighbourhood and will comprise 68 suites with custom-inspired finishes, including walk-in closets modelled after high-end retail showrooms. Five-piece ensuites and outdoor balcony spaces will be standard in every unit.

Building amenities

Residents can enjoy the fully equipped fitness centre, a lounge and party room complete with kitchen, as well as a large outdoor terrace with views of the park, the lake and the city skyline.

Location and transit

The building is situated opposite High Park, the city's largest green space. The Runnymede TTC subway station is steps away. Cyclists can navigate the park's many trails and a quick drive south on Parkside Drive gets you to the Gardiner Expressway.

In the neighbourhood

The adjacent park offers 400 acres of nature with hiking trails, a zoo, a swimming pool and outdoor playground. The locale also offers a variety of cosy neighbourhood establishments along Bloor West and eclectic bars and boutiques in the nearby Junction.

EVERYTHING YOU NEED TO KNOW

What: PICNIC
Builder: North Drive
Architect: Quadrangle Architects Ltd.
Interiors: Quadrangle Architects Ltd.
Location: 2114 Bloor St. W.
Building: An eight-storey building with 68 suites
Sizes: From 668 sq. ft. to 1,250 sq. ft.
Pricing: From the $400,000s to $1,000,000
Suites: One bedroom, one bedroom plus den, two bedroom
Status: Pre-construction, launching October 2015
Occupancy: Summer 2018
Sales Centre: 2126 Bloor St. W.
Phone: 416-670-3699
Website: picnichighpark.com
Email: info@picnichighpark.com

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A history of trick or treat

SCARY DAY

Halloween continues to evolve from the its origins

Jason Menard

Halloween is a time of ghost stories and dressing up. With so many macabre myths, monsters, and mystery, it can be tough to sort the truth from fiction when it comes to the history of Halloween. That is unless you go to the man who literally wrote the book on the subject.

"Halloween as a Canadian-Celtic festival began in the mid-19th century — an autumnal festival with feasts, pranks, music, and masking [festive costumes]," explained Nick Rogers, professor of history at York University and author of Halloween, From Pagan Ritual to Party Night, published in 2002. "Trick or treating, the kiddies' version, began in the 1950s."

People may be interested to note that Halloween originally had a much more practical application.

"The holiday originally commemorated the recently departed and, consequently, encouraged new marriages," Rogers added. "So Halloween at the time of Robbie Burns was something of a dating ritual in which there were games or divinations about whom you might marry. This aspect disappeared in the late 19th century when the demographic prospects of populations were brighter."

Halloween continues to evolve, especially as our exposure to the world increases and the influx of different cultures adds to Canada's cultural mosaic. As part of this cultural influx, Halloween continues to grow, evolve, and gain new participants.

"The most obvious is the amalgam of Day of the Dead with Halloween, cognate festivals from the medieval age," he said. "It happens more in the southwest of the Unites States where the Latino population is denser.

Trick or treating, the kiddies' version, began in the 1950s.
SHUTTERSTOCK

"By and large, people of different cultural backgrounds go along with Halloween because it is promoted in schools and in supermarkets. And, because there are few rules about how it should be observed, strict Christians or Jewish people might be offended by it."

The commercialization of Halloween has had a negative impact on those who initially embraced the holiday.

"Before Pride Day and visible gay communities, Halloween opened up a space for gays, and in the late 1960s for feminists disturbed by the negative representation of witches and general male chauvinism," Rogers explained. "That's gone. The only group that has a special time for Halloween is Wiccans or new pagans, who celebrate the ultra-Celtic version of Halloween as Samhain [summer's end.]

"Halloween is now relentlessly and rather mindlessly commercial, neighbourhood tricks or treats [always treats], raves or fancy dress balls for young people, the usual routine of horror movies. The commercialization is evident from the way the holiday is 'stretched' to accommodate weekends."

Rogers' book is available at Amazon.ca.

HORROR

Movies to get your adrenalin pumping

Since the silver screen first brought horror to the masses, scary movies have become central to the Halloween experience. Now there are enough out there to scare the *%$# out of you nonstop from now until the end of the month.

The fall season and Halloween films are a natural pairing, says Darren Gay, owner of Black Dog Video, a specialty video rental store in Vancouver that specializes in horror films. As the fall darkness closes in, Gay recommends a few essential flicks to put you in a Halloween state of mind.

The classics

Older horror films like The Innocents (1961) and The Haunting (1963), which Gay calls "the best haunted house film," don't rely on jump scares.

"Many people don't want gore or slasher films," he explains. "When you leave it to your imagination, you make it a lot more scary, that's for sure."

Gore to the max

At the other end of the spectrum, Gay appreciates the artistry of a well executed gory horror.

"There are some pretty spectacular ones out there," he says. Inside (2007) takes place in one house and focuses around a deranged woman trying to steal another woman's baby. "It's totally insane and intense and gory and great."

Frontier(s) (2007) centres around a gang of robbers on the lam that run into a bunch of cannibal Nazi hillbillies. "And it doesn't go well for them," says Gay.

Horror comedy

Before Peter Jackson made The Lord of the Rings trilogy, he made a movie called Braindead.

"It's very funny and extremely gory." The film was banned for awhile, but Black Dog has the full, uncut version.

Return of the Living Dead (1985) was written by the writer of critically acclaimed Alien, and follows its lead characters as they accidentally unleash zombies on the world.

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Taking the risk out of the Cloud

SAFETY

Tips to protect your business from data breaches

Marc Saltzman

Cloud services aren't 100 per cent risk-free. Protect yourself and your sensitive information. CONTRIBUTED

Canadian businesses are in the cloud.

And why wouldn't they be? Cloud services provide off-site protection from local hazards, such as fire, flood, viruses and other malicious software, theft, or a damaging power surge, to name a few threats.

Staff members can access files anywhere, any time, on virtually any device. Cloud services often support real-time collaboration with colleagues, plus it's an easy way to share large files without clogging up someone's inbox.

But cloud services aren't 100 per cent risk-free. While rare, data breaches do happen.

Here's how to help mitigate risk:

Stronger passwords

While it sounds like a no brainer, the first step is to create a strong password no one could possibly guess.

A good password is at least seven characters long and has a combination of letters, numbers, symbols and mixes upper and lower cases. Example: !Rw47#p

Because it can be a pain to remember, some security experts say you can also create a long word string instead, such as "slidingdowntheblueslideslowly!" as an example.

Or you can opt for an app or program that randomly generates tough passwords you can copy and paste into your cloud provider or automatically logs you in.

On a related note, be sure to have a password or PIN on all your devices, as well — be it a smartphone, tablet or laptop — just in case you lose it or if it's stolen. This provides a second layer of defense. Some devices allow for biometrics security, too, such as fingerprint or facial recognition.

Two-step verification

Many cloud providers offer a smart security feature called "two-step verification" or "two-step authentication."

Optional, but recommended, this adds an extra layer of protection to your cloud account as it not only requires your password to log in, but also a randomly-generated, one-time security code sent to your mobile phone (via text message or displayed in an app).

Type in the code once and your password will give you access to your files.

It won't likely be on default, so you'll need to enter the Settings/Options menu to enable it.

Public access tips

One of the advantages of the cloud is being able to log on from anywhere to access your data — but be very cautious when using a public PC, such as in an airport lounge, library, cybercafé, and so on.

For one, there could be "key-logging" software installed that secretly records everything typed onto the keyboard — including your login ID and password — and sends the information to a tech-savvy thief. Tip: if you must log into your cloud account, pull up the "soft" (virtual) keyboard instead.

Also, remember not to click "Remember my password," if the browser gives you the option and be sure to log out afterwards.

Better yet, resist logging in from a public PC or while in a free Wi-Fi hotspot as it could be a fake. Use your cellular connection on your own device as a Personal Hotspot, if you can.

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Next dimension for small business

NEW FRONTIER

Design and development cheaper and simpler with 3D printing

Jessica Wynne Lockhart

Many Canadian small businesses are embracing 3D printing. SHUTTERSTOCK

For Sebastian Morgyn James, the gift he received for his 19th birthday was life changing. Over a year ago, his family helped him purchase a MakerBot Replicator 2, a 3D printer. The present enabled him to drop out of OCAD's advertising program and open his own small business, BalloonChair.

Using the basic drafting skills that he learned in high school, James began prototyping his designs and selling them online. Through his Etsy shop, customers can custom order 3D-printed planters, masks, even earrings featuring Rob Ford's noggin.

Being able to manufacture his own products changed James' career path.

"Having a 3D printer is a huge educational tool for me," he says. "I had always wanted to start a small business and I come from an artistic background, so it was kind of perfect."

James is just one of the many Canadian small business owners embracing additive manufacturing, or 3D printing, as a cost-effective method of bringing products to market. Additive manufacturing is a $4.1 billion industry, with a growth rate of more than 33 per cent per year, according to a 2015 report by Wohlers Associates.

"It reduces the barriers to entry for manufacturing," says Matt Compeau, co-founder of Hot Pop Factory, a Toronto studio that helps businesses design and fabricate 3D-printed products. "Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes, and to get it manufactured overseas."

Compeau understands this process firsthand. In 2012, Compeau and business partner Bi-Ying Miao launched a line of 3D jewelry, printed from their living room.

"It was a really interesting idea that we could design something, manufacture it and distribute it over the Internet from our apartment, with basically zero start-up capital," he says. "That was pretty revolutionary in our eyes."

Today, Hot Pop Factory works with small businesses to help launch and design new products. Their clients include fashion designers who create textile designs impossible to recreate by hand; industrial designers who make wearable technology and accessories; and software and hardware start-ups building consumer electronic products.

The real benefit of 3D printing, says Campeau, is being able to create a realistic prototype — an invaluable tool, particularly for start-ups launching their ideas on crowd-funding sites such as Kickstarter.

"For a few hundred dollars, if you have an idea for a product, it's possible to get it prototyped and hold it in your hand," he says.

Steps for a successful sale

Business owners give the best years of their lives to build a successful enterprise. But with retirement approaching they must start planning for the next stage.

It's not the easiest decision to make, but some of you may conclude that selling your business to a third party is the most suitable next step given your circumstances.

The sale of a business should be central to every business owner's operational culture, says Orangeville, Ont.-based Tom Deans, an entrepreneur-turned-speaker whose family has successfully sold businesses worth more than $100 million. "An owner ought to be building it to be sold from the day a business is incorporated," he says. "This means building businesses that are not so reliant on the owner's direct involvement in operations."

Owners should allow themselves three to five years to plan and prepare before putting their business up for sale. Take necessary measures to make your business valuable to a potential buyer, says Deans. "When you know how someone else will place a value on your business, an owner will run a completely different, meaning vastly more profitable, business," he says.

Here are some of key planning steps to prime a business, make it attractive to potential buyers and get the maximum return from its sale.

Tom Deans. CONTRIBUTED

Bulk up profits and cash flow

Healthy cash flow means having money in the bank that can be reinvested in the business to support future growth.

"Free cash flow is a really important metric," says Deans. "Every business owner should know what their free cash flow is. Cash is king and free cash is what buyers love."

Free cash flow — expressed as EBITDA, or earnings before interest, taxes, depreciation and amortization – can matter even more than sales figures.

Be financially transparent

A company's financial statements — annual income statements and balance sheets, etc. — are the most reliable indicators of its future performance. The more comfortable a buyer feels with your financial information, the greater the perceived value of your business.

Deans says to offer at least three to five years worth of financial history. "If a business has a terrific 20-year story of top-line sales and profit growth then sellers should provide that information," he adds.

It is recommended that business owners create an Offering Memorandum Booklet, which lists financial and non-financial information on the history of the business, and contains future projections.

Manage and mitigate risk perception

The risk equation is simple: the greater the perceived risk, the lower the price buyers willing to pay. Every business operation is unique, but there are general red flags that tend to increase buyers' risk perception.

Deans says the perception of risk is greater if "a businesses is too dependent on the owner for operational success, has more than 25 per cent of sales revenue tied to one customer," and is faced with the threat of "technology that will make your product or service obsolete."

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Keep the travel costs down

SAFETY

Keep on par with your business budget when on the move

Camilla Cornell

Travel helps Canada's small businesses maintain connections to suppliers and customers and build contacts that can be a source of long-term revenue. But it doesn't come cheap.

"In order for companies today to remain competitive, they need to keep costs down," says Michelle Harris, director of marketing for Corporate Travel Management Solutions (CTMS). "And travel is typically a company's second or third most controllable expense."

Here's how to keep travel expenses from taking an over-sized bite out of your business budget.

Bundle to save
Many small businesses make the mistake of allowing individual travellers to book hotels and flights. But by bundling your bookings with specific suppliers you can often get a better rate on hotels and flights, points out Harris.

Don't have bulk buying power? Corporate travel specialists can help by bundling all of their clients' needs to negotiate special deals. "We usually promise savings of 11 to 18 per cent," says Harris.

Don't wait until the last minute to book flights
Last-minute sell-offs are rare these days, says Anne Barclay, a travel specialist with Corporate Travel Solutions.

"With scheduled airlines price based on availability," she says. That means your chance of getting a good deal is likely to be higher at least three to four weeks out – before the flight is booked up.

Skip the refundable plane ticket
Consider this: a non-refundable Air Canada Tango flight to Vancouver cost $390 in mid-November while a fully refundable Latitude ticket for the same flight cost $1,110.

That means you could get the cheapest ticket and change it several times and you still wouldn't be at the price of the fully refundable ticket.

The kicker: you can still get credit for the Tango ticket by paying a change fee of $75 to $150 per direction (depending on when you cancel) plus the difference between the new fare and the old when you rebook.

Book direct
Airlines such as Porter and WestJet in Canada, Southwest and Jet Blue in the U.S., and Ryanair and easyJet in Europe don't always sell through travel agencies or third party websites.

Find out which airlines serve your market and check their websites directly.

Or try an online aggregator
Travel aggregators scan many different websites for you, to come up with the lowest price. Favourites include skyscanner.ca (airfares) and trivago.ca (hotels).

Expand your search to nearby airports
Some websites, including Travelocity.ca and Seatguru.com, let you search nearby airports at both ends of your journey for deals. Toronto residents can check Buffalo and Hamilton, while Vancouverites may opt to take off or land in Abbotsford.

Does your business depend on travel? Keeping the costs down is important to your bottom line. SHUTTERSTOCK

Apart from possible savings on flight costs, parking is usually cheap or free at smaller airports.

Cut down on incidental costs
Some hotels offer free airport shuttles or lifts within a set radius of your accommodation. Others feature free Internet, breakfast and newspaper.

The good news: you don't have to stay at an expensive five-star hotel to get such perks. More often you'll find them at lower priced chains such as Hampton Inn & Suites and Embassy Suites.

Join the (car rental) club
Most car rental agencies have small business programs. With National Car Rental's Emerald Club, "as long as you book a mid-sized car or higher, you can get an upgrade for no extra cost," points out Patrick Sojka, founder and CEO of Rewards Canada.

Other programs from Hertz, Alamo and Thrifty offer rental discounts, access to special members-only promotions and custom billing options, or increased mileage allowances. Most important of all, says Sojka, "any of these car rental programs, let you bypass the counter. That's a real benefit."

The pros and cons of telecommuting

Working from home: Sounds great, but there are advantages and disadvantages. CONTRIBUTED

With an average Toronto commute time of 65.6 minutes each way, you can bet your brake lights many would work from home in a heartbeat.

"Telecommuting" — also referred to "remote work" or "teleworking" — is much easier in today's day and age, thanks in part to technological tools like high-speed Internet (cellular and Wi-Fi), inexpensive mobile devices (laptops, smartphones, tablets), and secure cloud services that remotely host your files. Skyping into meetings for face-to-face communication is becoming commonplace for many small- to medium-sized businesses.

But organizations (and employees) need to weigh the pros and cons before deciding to work from home. The following is a look at some of the factors to consider.

Pros
For the worker: Staying at home paves the way for a better work-life balance. Many take their kids to and from school, spend less on professional attire and lunches (and eat healthier), and aren't distracted with colleagues asking for something (or being dragged into meetings where you're not needed).

A Stanford University report, and a joint study by the University of Wisconsin-Milwaukee and Northwestern University, both found those who work from home are less stressed and more productive than those who work a 9-to-5 job out of the home.

For the business: You can hire the best person for the job – even if they live across the country or around the world (barring any time zone challenges). Another advantage for employers: candidates who want to work from home may accept a lower salary than those who must commute to work; this isn't always the case, but you can compare salaries for the same positions — in-house versus at-home – at FlexJobs.com. As a cost-saving consideration, you don't have to pay for office space (and other related expenses) for an at-home worker.

Cons
For the worker: In a 2002 survey conducted by University of Southern California, telecommuters said interpersonal relationships were missed while working at home. This includes having coffee or lunches with colleagues, watercooler gossip, collaborating on team projects, and perhaps after-work drinks. While it may sound appealing to work from home, many have trouble staying motivated without a supervisor or boss looking over their shoulder. Should you work on that sales report or take a break to watch Ellen?

For the business: From a creativity standpoint, there might be a loss of on-site brainstorming, plus allowing some employees to work from home (and not others) could lead to lower office morale. MARC SALTZMAN

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Troy Tulowitzki's 11 RBIs are second only to Paul Molitor (13 in 1993) among Blue Jays in a single post-season

Estrada carries Jays back to K.C.

Marco Estrada's performance on Wednesday kept Toronto alive to play at least one more game. NATHAN DENETTE/THE CANADIAN PRESS

MLB PLAYOFFS

Royals look to finish ALCS with win in Game 6 Friday

Marco Estrada can count on striking it rich as a free agent in the off-season. Wherever he ends up, the Blue Jays will still owe him big-time.

For the second time in the post-season, the 32-year-old right-hander kept Toronto alive — this time with a gem of a pitching performance in a 7-1 win over Kansas City that forced a sixth game in their American League Championship Series.

Estrada was near flawless in limiting the Royals to one hit over seven innings and three over 7-2/3 innings.

"Everything he threw up there was right where he wanted it," said Toronto manager John Gibbons.

"He had everything going. He's sticking that fastball, nice little curveball, and his overpowering changeup. He shut down a good-hitting, hot team."

Estrada retired the first nine Kansas City batters he faced. A single in the fourth — promptly erased by a double play — and a two-out walk in the seventh were the only blemishes on his pitching line in the first seven innings as he retired 21 of 22.

He exited in the eighth to a standing ovation after giving up a two-out solo homer to Salvador Perez followed by a single to Alex Gordon.

"Today he was absolutely dynamite," said Royals manager Ned Yost. "He didn't miss spots. His changeup was fantastic. He just didn't give us anything to hit."

ALCS Game 5

The Royals still hold an edge going home, leading the best-of-seven series 3-2. The teams go at it Friday in Kauffman Stadium, with Toronto's David Price likely facing Yordano Ventura in a rematch of Game 2, won 6-3 by the Royals.

Game 7 is Saturday, if needed.

Troy Tulowitzki drove in three runs in a four-run Toronto sixth and Chris Colabello contributed a solo homer in the second before a loud crowd of 49,325 under the dome at the Rogers Centre.

"It's been a while since I pitched here, and I forgot how great our fans were," said Estrada. "It was pretty loud today. I had a lot of adrenalin going."

Estrada is the first Toronto pitcher to throw seven consecutive shutout innings in a post-season game since Jimmy Key in Game 4 of the 1992 World Series

Still, with the Royals having the edge going home, Yost said his team is feeling good.

"We knew it was going to be a tough series," he said. "But after winning the first two games, in reality your goal is to come to Toronto — kind of a foreign environment, a hostile environment — and at least win one. Then you get to go home and win one there and the series is over."

Tulowitzki, whose once cold bat has warmed up nicely, accounted for most of the offence by clearing the bases with a double in a four-run sixth.

The Jays shortstop, still feeling the effects of a late-season shoulder injury, came into the game hitting just .194 (7-for-36) but he has been a game-changer with the bat in three of Toronto's post-season outings. And despite playing in pain, he has been a big contributor to the defence.

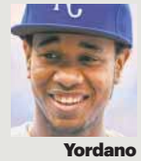
Tulowitzki set a club record for most RBIs in a single ALCS (seven). THE CANADIAN PRESS

GAME 6 MATCHUP

David Price

2015 post-season stats

16.2	IP	12.1
1-2	W-L	0-1
7.02	ERA	6.57
1.14	WHIP	1.78
15	K	16



Yordano Ventura

PHOTOS: GETTY IMAGES

Royals starter left dwelling on umpire's crucial non-call

Edinson Volquez and the Kansas City Royals won't go away quietly, even in defeat.

After getting waxed 7-1 by the Jays in Game 5 Wednesday night, Volquez raised a number of issues about his power-on-power battle with Jose Bautista in the sixth inning that ended in a walk and opened the door to four Blue Jays runs.

Edinson Volquez THE ASSOCIATED PRESS

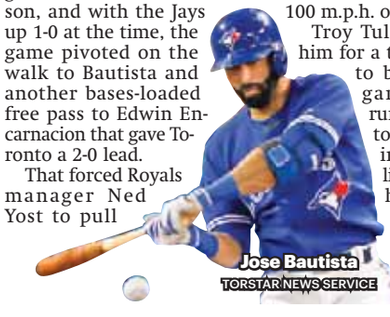
Volquez not only insisted the 3-2 pitch was a strike to Bautista, he said home-plate umpire Dan Iassonga apologized to Royals catcher Salvador Perez for "missing the pitch."

"I don't know … (Iassonga) apologized to Salvy because he thought that the pitch was a strike," said Volquez, who met with Perez when the count was 3-2, then delivered a breaking pitch to the outside corner.

"But he didn't say that to me. He said that to Salvy. He might know the pitch was a strike. Yeah, it was nice of him but it would have been better if he had given me the pitch (in the first place). But he's a human being, and we all make mistakes."

With Volquez's fastball as good as it has been this season, and with the Jays up 1-0 at the time, the game pivoted on the walk to Bautista and another bases-loaded free pass to Edwin Encarnacion that gave Toronto a 2-0 lead.

That forced Royals manager Ned Yost to pull Volquez and bring in reliever Kelvin Herrera, who can reach 100 m.p.h. on the speed gun.



Jose Bautista TORSTAR NEWS SERVICE

Troy Tulowitzki rapped him for a three-run double to break open the game. All three runs were charged to Volquez, whose inflated pitching line did not reflect how competitive an outing he put up for his team.

"I think it was a strike (to Bautista) … I went to the video room and I saw the pitch and I thought it was a strike," Volquez said.

"And the umpire apologized to Salvy. He told him he thought it was a strike. You feel bad at the time but you are not going to get that pitch back. You gotta move forward and win the game at home."

Meanwhile, Bautista gladly took his base.

"I wasn't (confident I'd get the call), but I did," Bautista said. "I was relieved after."

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Ornery Leafs lose tough

NHL

Sabres come back late and pull it out in a shootout

The Toronto Maple Leafs aren't a tough team. But they do seem to play with a scowl.

That notable difference in style from previous years — it's not pretty, but it can be effective — was on display Wednesday night when Toronto fell to the Buffalo Sabres 2-1 in a shootout to go to 1-3-2 on the young season.

Or, if you're looking for a slightly more positive trend, 1-1-2 in their last four games.

Matt Moulson scored the shootout winner in the fifth round after 3-on-3 proved again to be exciting, but fruitless.

Jonathan Bernier — challenged earlier this week to do a better job from the start of the game — put in a solid night in the Leafs net as the Sabres carried most of the game.

P.A. Parenteau — also challenged by coach Mike Babcock to go to the net more — scored his first goal as a Maple Leaf, establishing an early 1-0 lead. Parenteau also scored a shootout goal.

Playing with the lead for so long was a new development for this Mike Babcock team that is supposed to play a gritty, puck-possession style. There are times when they do — like the second period. And times when they don't — like the first and third period when Buffalo dominated. Evander Kane scored the tying goal at 15:31 of the third.

"The big thing is they're listening every day," Babcock said before the game. "They've been great. They try to get better each and every day. That doesn't guarantee you success.

"I like the majority of things we're trying to do, we've just had some lapses."

Leafs winger James van Riemsdyk battles for the puck with Sabres goaltender Chad Johnson during the second period in Buffalo. GARY WIEPERT/THE ASSOCIATED PRESS

SHOOTOUT IN BUFFALO

SABRES	LEAFS
2	1

Even Sabres coach Dan Bylsma, who's got his own rebuilding job in front of him, is impressed with what Babcock has done with the Leafs so far.

"I played for him for two years and coached a lot of games against him," said Bylsma. "I have a good understanding of what he demands of his team. Every time you play a Mike Babcock team you get it.

"You're getting a team that will play in the offensive zone come hell or high water. Playing there, staying there and being aggressive there. That's what he's going to grind into his team."

Bylsma was asked what he expected of Babcock in Toronto.

"Other than his scowl? A lot better hair than me. Jealous," said Bylsma. "We all have our idiosyncracies when we're behind the bench.

"That scowl is more the way his team is going to play than it is him."

The first period — which ended with Toronto up 1-0 — was a mixed blessing for the Leafs. There were a couple of positive steps forward: For once, they opened the scoring. Parenteau's deflection of a Roman Polak shot at 1:28 meant Toronto scored first in the game for the first time this season.

Babcock had challenged Bernier to get off to a better start, and the goalie responded.

But on the downside, the Leafs were outplayed, outhustled and outshot — 12-6. That was a result of the Sabres' pushback after the Leafs got the early lead. And the Leafs took the only penalty.

The second was more even in terms of play and shots, with Buffalo holding a slight edge, 12-11. But there was no scoring, and few prime scoring chances.

The Leafs were without defenceman Jake Gardiner and also without centre Tyler Bozak, who missed his second straight game with an undisclosed upper body injury. Mark Arcobello replaced Bozak.

TORSTAR NEWS SERVICE

IN BRIEF

Tortorella in as coach in Columbus, Richards fired

John Tortorella is back coaching in the NHL after the Columbus Blue Jackets fired Todd Richards on Wednesday with the team off to an 0-7 start.

Tortorella, who won the Stanley Cup with the Tampa Bay Lightning in 2004, has been out of hockey since the Canucks fired him in May 2014 after one season in Vancouver.

THE ASSOCIATED PRESS

Laryea NCAA soccer player of the week

Toronto's Richie Laryea has earned NCAA male soccer player of the week honours.

The 20-year-old scored his first career hat trick to lift the Akron Zips 4-0 over Northern Illinois on Saturday.

THE CANADIAN PRESS

Cavs sign Toronto's Tristan Thompson

The Cavaliers and free-agent forward Tristan Thompson, a Toronto native, have agreed in principle on a five-year, $82 million contract, ending his holdout.

Thompson, who helped the Cavs get to the NBA Finals last season when he filled in for an injured Kevin Love during the playoffs, had been seeking a maximum deal. The sides had been at a stalemate, but reached a verbal agreement Wednesday. THE ASSOCIATED PRESS

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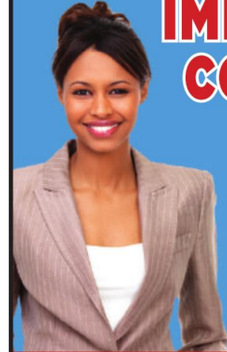
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RECIPE Corn Pancakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

What's better than breakfast for dinner? Some days, nothing beats the ease and speed of hearty, savoury pancakes.

Ready in
Prep time: 15 minutes
Serves 4

Ingredients
- 1 cup frozen corn
- 2 eggs, separated
- 2 Tbsp vegetable oil, plus a bit for the pan
- 2 cups buttermilk (or 2 Tbsp vinegar added to regular milk)
- 1/2 cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp sugar
- 1 1/2 cups corn meal
- 4 scallions, trimmed, chopped

Directions
1. Pour frozen corn into a bowl to thaw as you prepare the rest of the recipe
2. Beat egg whites into soft peaks and set aside.
3. Blend egg yolks, oil and buttermilk well.
4. Mix flour, cornmeal, baking soda, baking powder, salt and sugar.
5. Combine wet and dry ingredients and add corn and scallions. Gently fold in egg whites. Let stand 10 minutes before cooking.
6. Heat a small amount of vegetable oil in a pan at just above medium. Pour 1/4 cup of batter per pancake into the pan, cook until you see bubbles along the edges, flip and cook for a minute or two on the other side. Serve with a salad or steamed veggies for dinner!

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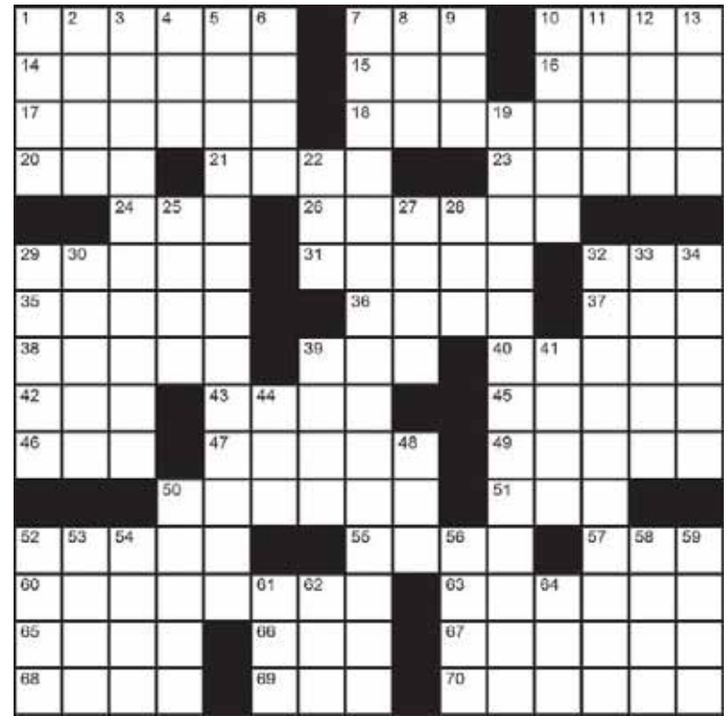
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lake __, in Banff National Park
7. Soldiers Joe and Jane
10. Hawk
14. About [abbr.]
15. Parisian tap liquid
16. __-dokie
17. Spice mixture of India
18. Bikini alternative
20. Will Smith movie
21. Mr. Sharif
23. Puff __ (Type of viper)
24. Hoover __
26. "Maybe...": 2 wds.
29. Words to live by
31. Heads: French
32. NBA's Rockets, on scoreboards
35. Shade of green
36. Collaborative website name prefix
37. Smartphone add-on
38. In the midst of
39. French seasoning
40. Paddled
42. Use a needle and thread
43. Cheers!
45. Elaine __ ("Taxi" role for Marilu Henner)
46. Bart, to Homer
47. Segments
49. Chasm
50. Press down the pill bottle's cap: 2 wds.
51. Tic-__-Toe
52. Murdered
55. Memo
57. Knock the door
60. More than enough
63. Safe
65. And others [abbr.]: 2 wds.
66. Superlative suffix
67. 'Proud Heritage, Bright Future' town in Ontario
68. Goes off course
69. Alphabet's last letter, to a Canadian
70. Sportswear brand

DOWN
1. The Dalai __
2. October's birthstone
3. 1980 disco hit for Diana Ross that goes "Instinctively you give to me / The love that I need...": 2 wds.
4. Rosemary's Baby novelist Mr. Levin
5. Villain in "Superman's Song" by Crash Test Dummies: 2 wds.
6. Test
7. Bread, Grocery Stores... Canadian company founded in 1882: __ __.
8. Sir McKellen
9. Go to court
10. Annuls
11. Just barely got by
12. Kind
13. "The __ Hunter" (1978)
19. CBC documentaries program, "The __ __"
22. River islet
25. Gulf of __ (It's between Somalia and Yemen)
27. Gas or elec., e.g.
28. "Vampire bat!"
29. Elegance
30. Lothario
32. John Candy is a private investigator in 1989 comedy "Who's __ __?"
33. Opinionated newspaper columns
34. Beehives, at the salon
39. Transport
41. Rhyming scheme
44. Anecdotal collection
48. __-Cat (Ski hill machine)
50. Markets
52. Adhere
53. Greek salad cheese
54. Imperfection
56. Bygone sovereign
58. Prefix that means 'Mars'
59. Added benefit
61. "That '70s Show" role
62. Expend
64. NFL's Browns city, shortened

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A snap decision is called for and there is no way of knowing how it will turn out. The worst thing you can do is to make no decision at all, so call it as you see it and hope for the best.

Taurus April 21 - May 21
There will be a number of obstacles placed in your path. Although they may be annoying they won't be too serious, so don't overreact. With the Sun moving into your opposite sign tomorrow, the less hassle the better.

Gemini May 22 - June 21
Work and health matters will take on extra importance. Think deeply about what you are doing and the effect it is having on your physical, mental and emotional well-being.

Cancer June 22 - July 23
The Sun's move into the dynamic area of your chart will coincide with a surge of confidence, and because you look at life in a more positive way others will be more upbeat too.

Leo July 24 - Aug. 23
You will face several challenges. The most important of these will be to find out why partners and loved ones are suddenly so hard to get along with. Could it be because they feel a bit neglected?

Virgo Aug. 24 - Sept. 23
Money matters worry you less beginning tomorrow. If you get the urge to travel don't resist it. A journey of just a few miles could lead to something special.

Libra Sept. 24 - Oct. 23
Don't worry if something important is leaving your life because something better will replace it. Everything in life tends to balance itself out: a Libra of all people should know that.

Scorpio Oct. 24 - Nov. 22
The Sun's move into your birth sign marks the start of a new solar year, so by all means go out and celebrate. An evening spent with loved ones will put you in the right frame of mind. Do something special over the weekend.

Sagittarius Nov. 23 - Dec. 21
You would like nothing better than to live in your own little world for a while. So why don't you? You can be as anti-social as you please.

Capricorn Dec. 22 - Jan. 20
Are you doing something useful with your life? Does your existence make a difference? However you answer those questions you will get the chance to do a good deed over the next 48 hours.

Aquarius Jan. 21 - Feb. 19
This is no time to be cautious. Don't sit back waiting for opportunities to come to you. With your persuasive talents you can easily get people in positions of power to favour you.

Pisces Feb. 20 - March 20
The Sun is moving into one of the most adventurous areas of your chart. Take full advantage. If you get the chance to travel don't hesitate, just pack your bag and go.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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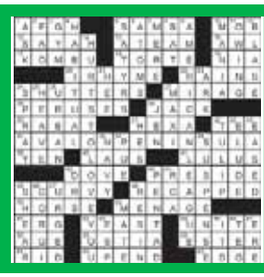

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5-year/100,000 km Emission Warranty
5-year/Unlimited km 24 Hour Roadside Assistance

®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2016 Elantra Sport Appearance Package Auto/2016 Santa Fe Sport with an annual finance rate of 0% for 48/84 months. $0 down payment required. Cost of borrowing is $0. Finance offers include Delivery and Destination charges of $1,695/$1,895, levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Financing example: 2016 Elantra Sport Appearance Package at 0% per annum equals $88 weekly for 48 months for a total obligation of $18,304. $0 down payment required. Cost of borrowing is $0. Finance example includes Delivery and Destination charge of $1,695, levies and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. ΩPrice adjustments of up to $3,200/$1,550/$1,750 available on all new 2016 Elantra Sport Appearance Package/2016 Tucson 1.6T Premium/2016 Accent 4-Door GL Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. •Purchasers or lessees of a new 2016 Tucson, who can provide a valid vehicle registration showing current ownership of a Hyundai vehicle or other vehicle make, will be entitled to a $1,000 price adjustment. Price adjustment applies after taxes. Offer valid until November 2nd, 2015. Offer is non-transferable, except to a family member at or above the age of majority residing in the same household, and cannot be assigned. Offer cannot be combined or used in conjunction with any loyalty offers or any other available rebate but can be combined with all other Hyundai Canada retail offers. See dealer for complete details. ◊Leasing offers available O.A.C. from Hyundai Motor Finance based on a new 2016 Accent 4-Door GL with an annual lease rate of 0%. Biweekly lease payments of $78 for a 24-month walk-away lease. Down payment of $795 and first monthly payment required. Total lease obligation is $4,851. Lease offer includes Delivery and Destination charge of $1,595, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km. ΔNo-Charge AWD Offer: Purchase or lease a new 2016 Santa Fe Sport and you will be entitled to a $2,000 factory-to-dealer credit. The manufacturer's estimated retail value for Santa Fe AWD is $2,000. Factory-to-dealer credit applies before taxes. Offer cannot be combined or used in conjunction with any other available credits. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2016 Elantra Sport Appearance Package/2016 Tucson 1.6T Ultimate AWD/2016 Santa Fe Sport 2.0T Limited/2016 Accent 4-Door GL are $21,927/$41,527/$42,577/$19,577. Prices include Delivery and Destination charges of $1,695/$1,795/$1,895/$1,595, fees, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ▼Fuel consumption for new 2016 Elantra Sport Appearance Package Auto (HWY 6.3L/100KM; City 8.5L/100KM); 2016 Tucson 1.6T Ultimate AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2016 Santa Fe Sport 2.0T Limited (HWY 9.7L/100KM; City 12.9L/100KM); 2016 Accent 4-Door GL (HWY 6.3L/100KM; City 8.9L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †◊ΔΩOffers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.